



# BECOME A MENTAL HEALTH FIRST AIDER TODAY!

[WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)

## INFORMATION

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.



### KNOW THE SIGNS

On average, **130** people die by suicide every day.

Source: American Foundation for Suicide Prevention



### LEARN THE ACTIONS

From 1999 to 2019, **841,000** people died from drug overdoses.

Source: Centers for Disease Control and Prevention



### BE A LIFELINE

Nearly **1 IN 5** in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

## COURSE DATES

Adult MHFA  
February 3rd  
8 AM-3 PM

Youth MHFA  
May 6th  
8 AM-3 PM

Adult MHFA  
September 2nd  
8 AM-3 PM

Youth MHFA  
November 3rd  
8 AM-3 PM

If you are interested in hosting your own course for your organization. Please give us a call.