

MENTAL HEALTH FIRST AID

SEPTEMBER 19TH, 2024

8:30 AM-4:00 PM



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

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.

To learn more about this training, visit www.mentalhealthfirstaid.org

**To register for this FREE Training call Rachelle at
989-466-4131**



SCAN ME!

TO SEE ALL EVENT
FLYERS FOR
SEPTEMBER

Training will be held **IN PERSON**

Gratiot Integrated Health Network
Dove Conference Room
608 Wright Ave. Alma MI. 48801



**HAVING SUICIDAL THOUGHTS?
ASK FOR HELP NOW.**

 **988** National Suicide Prevention Lifeline  **989-463-4971** GRATIOT INTEGRATED HEALTH NETWORK CRISIS LINE

 **TEXT HOME TO 741741**
NATIONAL CRISIS TEXT LINE