



MENTAL HEALTH FIRST AID

On average,

123

people die by suicide each day.

– American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from drug overdose.

– Centers for Disease Control & Prevention

Nearly

1 IN 5

**U.S. adults live with a
 Mental Illness.**

– National Institute of Mental Health via
 the National Survey on Drug Use &
 Health & The Substance Abuse &
 Mental Health Services Administration

The Course will teach you how to
 apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Why Mental Health First Aid?

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

VIRTUAL TRAININGS

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 5.5-hour, Instructor-led video conference.

Upon completion of the training, First Aiders will receive a certificate valid for three years.

REGISTER TO JOIN

Contact us today!

Rachel Brauner
 Extension Program Specialist
 Texas A&M AgriLife Extension
 Service
 E. rbrauner@ag.tamu.edu
 P. 979.321.5021

*Day one consists of a 5.5 hour, instructor-led training. Day two consists of a 1.5 hour drug trends workshop. ***Participants must be able to attend both days of training.***

What Does the MHFA Training Cover?

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care