



LEARN
MENTAL
HEALTH
FIRST
AID



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

On average,
130
people die by
suicide every day.
*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.
*Source: Centers for Disease
Control and Prevention*

Nearly
1 in 5
in the U.S lives
with a mental
illness.
*Source: National Institute
of Mental Health*

THE COURSE WILL
TEACH YOU HOW TO
APPLY THE MHFA
ACTION PLAN (ALGEE):

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

Ideal for:

- Employers • Police officers
- Hospital staff • First responders
- Caring individuals