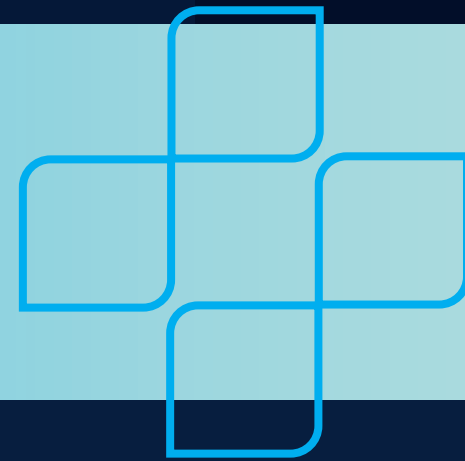# MENTAL HEALTH
FIRST AID

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 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.

WHAT IT COVERS

- 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
- **NEW:** Expanded content on trauma, addiction and self-care

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

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 and 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 and Health and the Substance Abuse and Mental Health Services Administration

TWO LEARNING MODELS:
BLENDED IN-PERSON OR ONLINE

After completing the two-hour self-paced pre-work, First Aiders will participate in either a six-hour in-person instructor led training or an online virtual training.

Participants will receive a Mental Health First Aid certification after completing the class.

TRAINING SCHEDULE

To register or view upcoming trainings, check out our website at minnesota.edu/health

Arrange a time for your group by contacting us.
Amy Hochgraber: 218.846.3766 or amy.hochgraber@minnesota.edu

CONTACT INFORMATION/QUESTION

Workforce Development Solutions
Abby Schlauderaff: 218.846.3674
or abby.schlauderaff@minnesota.edu
BreAnna Tracy: breanna.tracy@minnesota.edu

LEARN more. **EARN** more. minnesota.edu/wds

Workforce Development Solutions
A member of the Northwest Minnesota Workforce Development Solutions