USA MENTAL HEALTH FIRST AID®

YOU CAN BE THE HELP SOMEONE NEEDS.

Mental Health First Aid is an evidence based training that follows the National Council for Behavioral Health standards and gives you the skills you need to reach out and provide initial support to someone and help connect them to the appropriate care.

Statistics

On average, there are
123
SUICIDES A 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 lives with a MENTAL ILLNESS.
National Institute of Mental Health via the National Survey on Drug Use and Health [NSDUH] and the Substance Abuse and Mental Health Services Administration

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

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.

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

Compeer
Caring friends and mentors.

FOR MORE INFORMATION, CONTACT KATIE WALSH AT KATIE@COMPEERBUFFALO.ORG OR CALL 716-883-3331 EXT. 307

TAKE A COURSE
#BETHEDIFFERENCE

Virtual Mental Health First Aid
PRESENTED B Y

United Way

**United Way
of Buffalo & Erie County**

SEPTEMBER 30TH, 2020

- 10:00 AM - 3:00 PM- on ZOOM
- 2 hour pre-work to be completed prior
  to training
- No cost to you
- All materials are virtual
- ONLY 20 spots available!!

MUST REGISTER BY SEPTEMBER 4TH

https://930mhfaunitedway.eventbrite.com

please use a valid e-mail address

To schedule a training for your workplace, organization, group, church, or
school, and to discuss various training options contact Katie Walsh at
katie@compeerbuffalo.org or call 716-883-3331 ext. 307.
compeerbuffalo.org