



MENTAL  
HEALTH  
FIRST AID®

# YOU CAN BE THE HELP SOMEONE NEEDS.

On average, there are  
**123**  
SUICIDES A DAY.

*American Foundation for Suicide Prevention*

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.

From 1999 to 2016,  
**630,000**  
people died from  
DRUG OVERDOSE.

*Centers for Disease Control and Prevention*

## 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.

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*

### 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



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 BY



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](mailto:katie@compeerbuffalo.org) or call 716-883-3331 ext. 307.  
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