

Mental Health First Aid 2020 Trainings at Project Horse

Veterans Module: March 28 and November 14 (7:30am - 5:30pm)

Adult Module: June 20 (7:30am - 5:30pm)

Youth Module: September 19 (7:30am - 5:30pm)



MENTAL HEALTH FIRST AID

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
and the Substance Abuse and Mental
Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour 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 appropriate care.

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.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

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

More than 1 million trained!

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?

Where: _____
When: _____
Register Here: _____



Upon completion, receive 3-year certification in MHFA for designated training module. EAGALA members receive 8 CEU hours (through EAGALA Independent Study Program).

COST: \$150 (bring bag lunch)

For details and to register visit: www.projecthorse.org