



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

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

WHO CAN BENEFIT FROM KNOWING MENTAL HEALTH FIRST AID?

- Caring individuals
- Caregivers
- Medical staff
- Substance Use Counselors
- Administrative/clerical staff in health/behavioral health
- First responders
- Law Enforcement

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

2026 Training Dates: (all trainings 9am-4:30pm with 1hr lunch)

- 1/9/26, 2/6/26, 3/6/26, 4/3/26,
5/1/26, 6/5/26, 7/10/26, 8/7/26,
9/4/26, 10/2/26, 11/6/26

Sources

American Foundation for Suicide Prevention.
(n.d.).

Suicide statistics. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.)

Drug overdose deaths.

<https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH).

**SACRAMENTO
COUNTY**

For inquires or to REGISTER for MHFA Trainings hosted by
Sacramento County Behavioral Health (Cost: Free)

Contact: MHFA@saccounty.gov

- **Trainings are provided in a Blended-Virtual format—** Learners complete a 2-hour, self-paced pre-course online, and then participate in a Instructor-Led virtual training (via zoom) on the training dates listed. Self-paced course section **must be completed at least one week prior** to training date. **Must be** a Sacramento County resident **OR** work in Sacramento County serving our community in health/behavioral health/social services or related field.

- **Find more trainings:** <https://www.mentalhealthfirstaid.org/>