



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 behavioral health settings
- First responders
- Law Enforcement Officers

## 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.



## TO REGISTER for MHFA Trainings hosted by Sacramento County Behavioral Health:

- **Find upcoming trainings:** [MHFA.org](https://www.mhfa.org)
- **For inquiries:** [MHFA@saccounty.gov](mailto:MHFA@saccounty.gov)
- **Trainings are provided in a Blended-Virtual format**—Learners complete a 2-hour, self-paced online course, and then participate in a 6.5-hour (1 hr lunch included) Instructor-led virtual training (via zoom).

### 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). (n.d.). Mental illness.

<https://www.nimh.nih.gov/health/statistics/mental-illness>