



# 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.

## 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

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

## 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.

## Upcoming Training Dates:

- 5/9/24, 6/13/24, 7/12/24, 8/22/24  
9am-4pm (1 hr lunch included)

**Note:** dates Sep-Nov are pending; flyer will be reposted with dates

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>



For inquires or to REGISTER for MHFA Trainings hosted by Sacramento County Behavioral Health

**Contact:** [MHFA@sacounty.gov](mailto:MHFA@sacounty.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 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 behavioral health/social services.
- **Find more trainings:** [MHFA.org](http://MHFA.org)