



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
[NSDUH] 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 the 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

FREE COURSE AVAILABLE AT:
PRESENTATION OF CHRIST CHURCH COMMUNITY CENTER
1575 ELECTRIC AVENUE • EAST PITTSBURGH, PENNSYLVANIA

FEBRUARY 23 AND MARCH 2, 2019 • 1:00 PM–5:00 PM

Please RSVP by February 12 to
FatherDeanKokanos@Gmail.com

BOTH SESSIONS ARE REQUIRED FOR CERTIFICATION

More than one million trained!



MENTAL
HEALTH
FIRST AID®