MENTAL HEALTH FIRST AID

Date: Thursday, January 18, 2024
Time: 8:00 am to 5:00 pm
Location: McLean County Health Department, Bloomington IL
Fee: $12.00 (includes the manual, snacks, lunch, and course materials)
To register: Please use this link to register or call 309-888-5443: https://www.surveymonkey.com/r/2024mhfa

WHY MENTAL HEALTH FIRST AID?
Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 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.

On average, 123 people die by suicide each 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

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: Expanded content on trauma, addiction and self-care

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.