

# Adult Mental Health First Aid



## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid 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.



In the last 10 years,  
**841,000**  
people have  
died from drug  
overdoses.

Nearly  
**1 in 5**



in the US lives with  
a mental illness.

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Police
- Fire/EMS
- 911 Operators
- Healthcare Workers
- Crisis Counselors

## WHAT IT COVERS

- Common signs and symptoms of mental health and 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

Attendees will complete a 2-hour self-paced online course, and participate in a 6-hour online, instructor-led training class.

**This course will teach you to support others in crisis effectively and with confidence.**

*Enrollment is open to residents of the United States and Canada only.*

**REGISTER NOW AND SECURE YOUR SPOT TODAY!**