

### Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# MENTAL HEALTH FIRST AID

#### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

#### **REGISTER TODAY!**

#### Delivery Format: In Person

#### **Date and Time:**

Monday, April 14, 2025 - 8:30 am - 5 pm

#### Location:

Colonial Behavioral Health Board Room 473 McLaws Circle Williamsburg, VA 23185

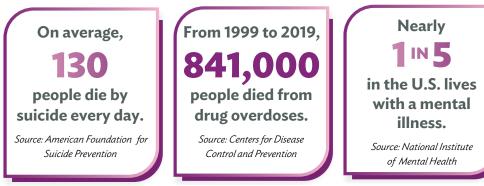
### Where to Register:

www.surveymonkey.com/r/MHFA\_AdultTraining-April2025

Sources

#### 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.



#### American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <u>https://afsp.org/suicide-statistics/</u> Centers for Disease Control and Prevention. (n.d.) *Drug overdose* deaths. <u>https://www.cdc.gov/drugoverdose/deaths/index.html</u> National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <u>https://www.nimh.nih.gov/health/statistics/mental-illness</u>

# The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- Encourage self-help and other support strategies.

For more information about MHFA contact Prevention Services: prevention@colonialbh.org