



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

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.

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

Northland Employee
Sessions are sponsored
by Student Success
grant funds.
Completing this
voluntary training
results in a 3-year
certification in MHFA.

Sources

American Foundation for Suicide Prevention. (n.d.). *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>



NORTHLAND Employee Sessions

Delivery Format:

Blended - Learners complete a 2-hour, self-paced online course,
and participate in a 4.5-5.5-hour, Instructor-led in-person training.

Date and Time:

9:00am on May 22 ~ East Grand Forks or June 25 ~ Thief River Falls

Where to Register:

Contact WDS@northlandcollege.edu

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.