



**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](mailto: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.