From NATIONAL COUNCIL FOR MENTAL WELLBEING

WHO CAN BENEFIT FROM KNOWING

MENTAL HEALTH FIRST

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Suicidestatistics.https://afsp.org/suicide-statistics/

Centers for Disease Control and Prevention. (n.d.)

National Institute of Mental Health (NIMH). (n.d.).

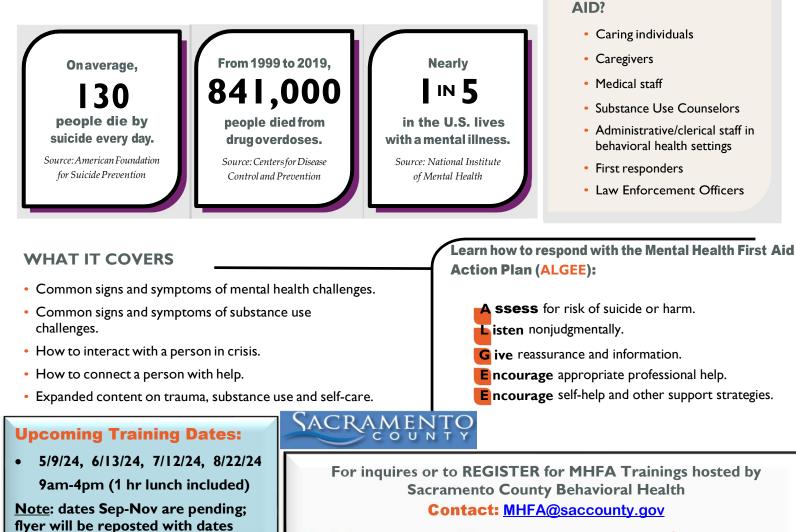
https://www.cdc.gov/drugoverdose/deaths/index.html

https://www.nimh.nih.gov/health/statistics/mental-illness

Drug overdose deaths.

Mental illness.

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.



Trainings are provided in a Blended-Virtual format – Learners complete a 2-hour, self-paced online course, and then participate in a 65-hour Instructor-led virtual training (via zoom) on the training dates listed. Self-paced course section <u>must be completed at least one week</u> prior to training date.
<u>Must be</u> a Sacramento County resident <u>or</u> work in Sacramento County serving our community in behavioral health/social services.

Find more trainings: MHFA.org

To find a course or to contact a Mental Health First Aid Instructor in your area, visit MHFA.org or email Hello@MentalHealthFirstAid.org.