



# MENTAL HEALTH FIRST AID

## Online Training for Portage County!

Nearly  
**1 in 5**

U.S. Adults live with a mental illness

In 2018

**67,367**

died from drug overdose

**123**

adults lose their lives to suicide each day

An estimated

**19%**

of adults had an anxiety disorder in the past year

Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Mental Health First Aid teaches the five-step **ALGEE** action plan:

- 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

### OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Hospital staff
- Nursing home and senior services staff
- Faith-based groups
- Employers
- Police officers
- First responders
- Community groups
- Social workers
- School administrators

### WHAT IT COVERS:

- Common signs and symptoms of mental illnesses:
  - Anxiety
  - Depression
  - Schizophrenia
  - Bipolar disorder
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect a person with help

To register, please contact: Laura at 330-673-1756 or [laurab@mental-health-recovery.org](mailto:laurab@mental-health-recovery.org)

*Training Date for Portage County*

**Thursday, October 29 • 9:00am-3:30pm**

Register by September 29, 2020



Funded by the Ohio Department of Mental Health and Addiction Services