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*

REGISTRATION INFORMATION

**WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID**

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

**WHEN**

Delivery Format: In Person, 8am - 4pm

Date and Time:  
- **Friday 2/2/2024** at Main 8am - 4pm  
- **Wednesday 3/20/2024** at Main 8am - 4pm  
- **Friday 4/26/2024** at Main 8am - 4pm  
- **Thursday 6/13/2024** at City Center 8am - 4pm  
- **Monday 7/15/2024** at Romeoville 8am - 4pm  
- **Thursday 8/8/2024** at Main 8am - 4pm

**WHERE**

Please contact mentalhealthservices@jjc.edu or 815-280-2936 for any questions.