



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# MENTAL HEALTH FIRST AID

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

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

## 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*

### 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>

## REGISTER TODAY!

### 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 to Register:

LINK TO REGISTER



The course will teach you how to apply the MHFA 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.

Please contact [mentalhealthservices@jjc.edu](mailto:mentalhealthservices@jjc.edu) or 815-280-2936 for any questions.