



# 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*

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

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

## 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.

## Dates and Locations:

April 13th Thurston County TBD

April 17th Thurston County Readiness Center

May 29th Camp Murray

June 26th Spokane

July 13th Pierce County TBD

July 24th Bremerton

August 28th Yakima Readiness Center

September 25th Kent

October 12th Spokane

October 23rd Vancouver

December 11th Seattle

**To Register for a training or schedule one for your organization, contact:**

WA National Guard Integrated  
Primary Prevention Program  
253-512-7860

erin.m.mcmicheal.civ@army.mil

