



MENTAL HEALTH FIRST AID

On average, there are

123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from
DRUG OVERDOSE.

Centers for Disease Control and Prevention

Nearly **1** in **5** U.S.
adults lives with a
MENTAL ILLNESS.

*National Institute of Mental Health via the
National Survey on Drug Use and Health
and the Substance Abuse and Mental
Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you 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 appropriate care.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

More than 1 million trained!

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



**MENTAL
HEALTH
FIRST AID®**

WANT TO TAKE THE COURSE?

When: Thursday, January 17, 2019 from 8:30 am to 5 pm

Where: Wyoming County Agriculture & Business Center, 36 Center St., Room LC1, Warsaw, NY 14569

Cost is \$25 and includes lunch and a manual.

Register online here: https://reg.cce.cornell.edu/MentalHealthFirstAidTraining_10508

MAIL IN REGISTRATION FORM for Mental Health First Aid Training

Fill out your information below and return with payment. Please make checks payable to: Cornell Cooperative Extension, 36 Center Street, Suite B, Warsaw, NY 14569

Name: _____

Address: _____

Occupation: _____

City, State, Zip: _____

Phone: _____ E-Mail: _____

Cost:

\$25.00 payment enclosed

Accommodations for persons with disabilities may be requested by calling CCE Wyoming at (585) 786-2251 no later than ten days prior to the event to ensure sufficient time to make arrangements. Requests after this date will be met when possible.

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities

