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. live with mental illness.

Source: National Institute of Mental Health



# Mental Health First Aid

### Why Mental Health First Aid (MHFA)?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults and youth.

#### What the training 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

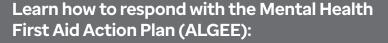
#### Who benefits from learning MHFA?

- Parents
- Teachers
- Fire/EMS
- Public Safety personnel
- Veterans
- Older adults
- Higher education professionals
- Caring individuals

## Where can you sign up for a free training?

Click *here* to sign up for a *free* Mental Health First Aid training, or scan the QR code with the camera on your phone or tablet. If you have questions about MHFA, email Optum Idaho at *optummhfa@sparkstrats.com*.





- A ssess for risk of suicide or harm.
- L isten nonjudgmentally.
- **G** ive reassurance and information.
- **E** ncourage appropriate professional help.
- Encourage self-help and other support strategies.



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