

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

from NATIONAL COUNCIL FOR MENTAL WELLBEING

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.



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.

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