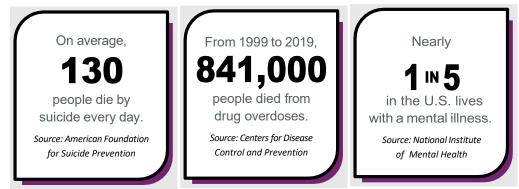


## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers
- Faith Communities
- 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.



#### Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <u>https://afsp.org/suicide-statistics/</u> Centers for Disease Control and Prevention. (n.d.) *Drug overdose* deaths. <u>https://www.cdc.gov/drugoverdose/deaths/index.html</u> National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <u>https://www.nimh.nih.gov/health/statistics/mental-illness</u>

# **REGISTER TODAY!**

Delivery Format:

In Person Adult Mental Health First Aid

### Date and Time:

Little Flower Catholic Church Saturday, June 15, 2024, 9:00 AM - 5:30 PM

### Location:

2600 Sunset Avenue, Waukegan, IL 60087

Where to Register: https://shorturl.at/fwP78



BlueCross BlueShield of Illinois

eliminating racism empowering women **YWCA** metropolitan chicago

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.

Give reassurance and information.

- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

👍 Advocate Condell Medical Center