

Mental Health First Aid Training

Mental Health First Aid teaches you **how to identify, understand, and respond to signs of mental illnesses and substance use disorders.**

The 8-hour training gives you the skills 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 the appropriate care.



Who should take it?

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

What you'll learn...

- Common signs/symptoms of mental illness and 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 opioid overdose

Nearly **1 in 5** adults lives with a **MENTAL ILLNESS**

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

On average, there are

123

SUICIDES EVERY DAY

American Foundation for Suicide Prevention

From 1999 to 2016

630,000

people died from DRUG OVERDOSE

Centers for Disease Control and Prevention

ADULT MENTAL HEALTH FIRST AID

November 22, 2024

8:00 a.m. to 5:00 p.m.

Jefferson Community Health & Life

2200 H Street

Fairbury, NE 68352

FREE and open to professionals and public!
RSVP by November 13, 2024

To Register: Call 402-826-3880 or email: jkuzelka@phsneb.org

