



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# MENTAL HEALTH FIRST AID

This training is made possible through funding from the Bureau of Justice STOP School Violence Funding.



*This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program.”*

– **Nikki Carber**,  
Speak Out Against Suicide

## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 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 the appropriate care.

On average,

**123**

people die by suicide each 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

## TRAINING DETAILS:

- Please register for only one of the following dates: **October 20, 2021 or December 8, 2021**
- **LOCATION:** Teachers College of San Joaquin, 2721 Transworld Dr. Stockton, CA
- **IN-PERSON:** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course. **8:00am Registration; 8:30am-4:30pm**
- **Seven Continuing Education Contact Hours (CECH) will be available. Provider CEP# 10301. Provider approved by the California Board of Registered Nursing.**

## 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:** Expanded content on trauma, addiction and self-care

## 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.



SAN JOAQUIN COUNTY  
OFFICE OF EDUCATION



To register follow the link here: [https://bit.ly/MHFA\\_Adult21](https://bit.ly/MHFA_Adult21). If you have questions or need assistance please email Christiane Highfill at [chhighfill@sjcoe.net](mailto:chhighfill@sjcoe.net).