

## WORKPLACE MENTAL HEALTH FIRST AID

### 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.

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

- Nikki Carber,  
Speaking Out  
Against Suicide

### WHAT IT COVERS

- Common signs / symptoms of illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care

### WHO SHOULD TAKE IT

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

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

On average,  
**1 in 5**  
adults in the U.S.  
lives with a Mental  
Illness.

- National Institute of  
Mental Health



### THREE LEARNING OPTIONS

- **VIRTUAL:** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING:** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN PERSON:** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course

Learn how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm
- **Listen** non-judgementally
- **Give** reassurance and information
- **Encourage** professional help
- **Encourage** self-help and other support strategies

**Learn more:** Those interested to learn more about workplace mental Health First Aid and upcoming trainings locally, contact **Rob Vallentine**, Executive in Residence, Saginaw Valley State University at [rvmallen@svsu.edu](mailto:rvmallen@svsu.edu) or 989.948.5648 or learn more by visiting [MentalHealthFirstAid.org](http://MentalHealthFirstAid.org)