Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

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.

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. lives with a mental illness.
Source: National Institute of Mental Health

REGISTER TODAY! *Virtual training courses are held three times per month!*

Register at: **qualityhealthnd.org/mhfa** or scan QR Code.

Note: This training includes 2 hours of pre-work, a 6.5-hour virtual session (camera and mic required), and a post-test with evaluation.

Quality Health Associates
of North Dakota

This course is valued at $170. Thanks to a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), learners may attend at no charge.

WHAT IT 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.

CONTINUING EDUCATION

Approved for 8.75 hours:

- **Nurses** (ND Board of Nursing)
- **EMS personnel** (ND EMS Unit)
- **Nursing Home Administrators** (ND Board of Examiners for Nursing Home Administrators)
- **Peace Officers** (Peace Officers Standards and Training Board)
- **Licensed Social Workers** (ND Board of Social Work Examiners)
- **Licensed Counselors** (ND Board of Counselor Examiners)
- **Licensed Addiction Counselors** (ND Board of Addiction Counseling Examiners)
- **Peer Support Specialists** (ND Department of Health)

Approved for 8.5 hours:

- **Massage Therapists** (ND Board of Massage Therapy)

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.