



MENTAL HEALTH FIRST AID

On average, there are
123
SUICIDES A 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
(NSDUH) and the Substance Abuse and Mental
Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour 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.

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:** How to administer naloxone in the event of an opioid overdose.

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

Attend a Free Training by visiting mhasd.org or call 619-543-0412 to host a training at your location.

"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

More than one million trained!



**MENTAL
HEALTH
FIRST AID®**

FREE MENTAL HEALTH FIRST AID TRAINING



ARE YOU
WITH US?



MAY 2019 SCHEDULE

Central Region – MHASD, 4069 30th Street San Diego, CA. 92104

Wednesday, May 1, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	ADULT
Monday, May 6, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	SPANISH
Wednesday, May 8, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	YOUTH
Monday, May 13, 2019 (Part 1)	10:00 AM – 2:00 PM	OPEN	SAN DIEGO	ADULT
Tuesday, May 14, 2019 (Part 2)	10:00 AM – 2:00 PM	OPEN	SAN DIEGO	ADULT
Saturday, May 18, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	ADULT
Wednesday, May 22, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	VETERAN
Thursday, May 30, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	YOUTH

North Inland Region – HHSA – Live Well Center, 649 W. Mission Avenue, Escondido, CA 92025

Wednesday, May 1, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	YOUTH
Friday, May 3, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	SPANISH (ADULT)
Friday, May 17, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	ADULT
Tuesday, May 21, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	SPANISH (YOUTH)
Wednesday, May 29, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	VETERAN

Central Region – CARE Community Center, 12 N Euclid Avenue, National City, CA 91950

Monday, May 20, 2019 (Part 1)	10:00 AM – 2:00 PM	OPEN	NATIONAL CITY	ADULT
Tuesday, May 21, 2019 (Part 2)	10:00 AM – 2:00 PM	OPEN	NATIONAL CITY	ADULT



To register for any of the above trainings,
Visit <http://mhasd.org/first-aid-programs>
Or call (619) 543- 0412 x113
To host a training at your location.



Mental Health First Aid is an 8-hour certified public education program that introduces participants to risk factors, warning signs and symptoms of specific types of illnesses such as anxiety, depression, substance abuse, bipolar, and schizophrenia; builds understanding of their impact, and teaches a five step action plan to support someone developing an emotional crisis.