

1 in 5 teens & young adults lives with a mental HEALTH CONDITION.

Youth Mental Health First Aid Training



Learn

to identify, understand, and respond to signs of mental illness and substance use disorders within youth in your community.

Date/Time

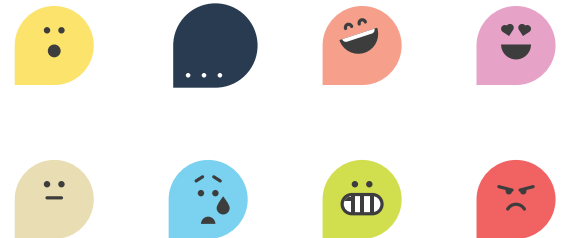
 Scan Here to RSVP

Location

Details

RSVP

This training is **FREE***. Spots are limited.
RSVP at clovered.org or by calling 512-494-4556



#EmbraceTheAwkward 

*Participation in the MHFA training is valued at \$170. Clover is able to provide the training at no cost thanks to grant funding from the federal Substance Abuse and Mental Health Services Administration (SAMHSA).



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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

**“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*



MENTAL
HEALTH
FIRST AID®