



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

FREE, a \$175 value

MENTAL HEALTH FIRST AID LIKE CPR, BUT FOR THE MIND

A person you know could be experiencing a mental health challenge or crisis. Learn what to do.

Just as CPR helps you assist an individual having a medical emergency, **Mental Health First Aid** helps you assist someone experiencing a mental health or substance use challenge or crisis. Like physical illness, the sooner mental illness is diagnosed and treated, the better the outcomes.

The COVID-19 pandemic adversely affected the mental health of many.

Nearly
1 IN 5
adults in the
U.S. live with a
mental illness.

Source: National Alliance for
Mental Illness

On average
130
people die by
suicide in the
U.S. per day.

Source: American Foundation for
Suicide Prevention

In Pima County
510
overdose deaths
were reported
in 2023.

Source: Pima County Medical
Examiner's Office



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Why Mental Health First Aid?

Mental health challenges are common. With nearly one in five adults in the United States living with a mental illness or substance use disorder, learning how to help is vital. Mental Health First Aid teaches adults how to identify, understand, and respond to signs and symptoms of mental health and substance use challenges in adults ages 18 and older. This evidence-based training gives people knowledge and tools needed to reach out and provide initial help to someone who may be developing a mental health or substance use challenge or is in a mental health crisis, and help guide them toward appropriate professional and self-help resources, if necessary.

What it Covers:

- Common signs and symptoms of mental health challenges including depression, anxiety, bipolar, psychosis, eating, substance use, and trauma- and stressor-related disorders.
- The impact of stigma and how to reduce negative views towards mental health challenges.
- How to interact with a person in crisis and what to do.
- Content related to trauma, culture, self-care, recovery, and wellbeing.

Who Should Know Mental Health First Aid?

- | | | |
|--------------------|----------------------------------|----------------------|
| ➤ Employees | ➤ Hospital staff | ➤ Faith leaders |
| ➤ Police officers | ➤ Behavioral health agency staff | ➤ Community members |
| ➤ First responders | ➤ Court employees | ➤ Caring individuals |

What Will Participants Receive?

- **FREE** training and manual valued at \$175.
- **Certification** in Mental Health First Aid from the National Council for Mental Wellbeing.
- **Practical skills** for responding when you feel at a loss for words.
- **Increased knowledge** about mental health and substance use issues.

Upcoming Adult MHFA Training:

Date/Time:

Location:

Learn More/Contact:

Contact the Pima County Health Department for more information at MHFA@Pima.gov or call 520-724-7470.

