

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

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

Sources
American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. https://afsp.org/suicide-statistics/
Centers for Disease Control and Prevention. (n.d.) *Drug overdose* deaths. https://www.cdc.gov/drugoverdose/deaths/index.html
National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. https://www.nimh.nih.gov/health/statistics/mental-illness

REGISTER TODAY!

December 1st, 2026
8:30 am CT - 4:30 pm CT
In person event at

Union Bank Community Room

1801 Pine Lake Road, Lincoln,NE 68512 - Limited to 14 participants.

Register using link below
https://www.4continuum.com/mental-health-first-aid-training/page.html
Fee: $159.00 for 7 + hour course

The course will teach you how to apply the MHFA 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.

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