Jeff Masarek
Behavioral Health Center
GOODMAN JFS OF BROWARD

is now offering FREE adult

MENTAL HEALTH FIRST AID

Mental Health **FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

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

WHO NEEDS MENTAL HEALTH FIRST AID?*

- Community service organizations
- Police officers
- Doctors
- Hospital staff
- First responders
- Clergy
- Lawyers

*Any staff in the above groups can become certified

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
- Expanded content on trauma, addiction and self-care

The course will teach you how to apply the Mental Health First Aid Action Plan (ALGEE):

Assess for risk of suicide or harm.
Listen non-judgmentally.
Give reassurance and information.
Encourage appropriate professional help.
Encourage self-help and other support strategies.

THREE WAYS TO LEARN

- **In-person** – Learners receive their training during an in-person, 8-hour instructor-led session with a lunch break.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led training.

  This instructor-led training can be:
  – Virtual using a HIPPA compliant Zoom platform.
  – An in-person class.

Click the link
https://bit.ly/499XKhC
or scan the QR Code to request a **FREE group training session**

For more information, contact
MHFA@jfsbroward.org.

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

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Goodman Jewish Family Services
of BROWARD COUNTY

JFS 50 Years
Ferd & Gladys Alpert Jewish Family Service
of Palm Beach County