



WHY MENTAL HEALTH FIRST AID?



Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 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.

LEARNING FORMAT: Instructor lead on Zoom

WHO SHOULD TAKE IT

- ❖ Caring Individuals
- ❖ Community Members
- ❖ Social Clubs
- ❖ Faith Communities
- ❖ Employers & Employees
- ❖ Police Officers / First Responders / Medical Staff
- ❖ Agencies & Organizations

WHAT IT COVERS

- ❖ Common signs and symptoms of mental illness and substance use
- ❖ How to interact with a person in crisis and connect the person to professional help
- ❖ NEW: Expanded content on trauma, addiction and self-care

Tuition is complimentary

Completion of a two-hour self-paced pre-work course is due one week prior to class date

Tuesday, February 15, 2022 10:00 AM – 4:00 PM

RSVP by January 14, 2022 – Space is limited

www.alpertjfs.org/LifePlanning/

TO LEARN MORE ABOUT THE TRAINING, PLEASE CONTACT:

- ❖ **Tami Lustig, Director of LifePlanning®**
Email: Tami.Lustig@Alpertjfs.org | Phone: 561-713-1917
- ❖ **Cindy Wides, Director of Community Outreach/Mental Health First Aid**
Email: Cindy.Wides@Alpertjfs.org



On average,
123
people die by
suicide each day.

– American
Foundation for Suicide
Prevention

From 1999 to 2021,
841,000
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
and the Substance
Abuse and Mental
Health Services
Administration