

Brought to you by:



ADULT MENTAL HEALTH FIRST AID

On average,

123

people die by suicide each 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 and the Substance Abuse and Mental Health Services Administration

Why Adult Mental Health First Aid?

Adult Mental Health First Aid teaches participants how to identify, understand and respond to signs of mental illness and substance use disorders in adults. This 8-hour training provides the skills to reach out and provide initial support to someone who may be developing a mental health or substance use problem, and to help connect them to the appropriate care.

Cost & What it Covers

COST: \$65/person

- Participant Manual & Materials
- Nationally Accredited Certification (good for 3 years)
- Lunch is included

Who Should Take it

- Employees
- First Responders
- Helping Professionals
- Family Members
- Caregivers
- Faith Leaders
- Community Members
- Caring Individuals
- Supervisors/Managers

The course will teach you how to apply the **ALGEE** action plan:

- **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.

Join us in-Person

Date: Friday May 6, 2022

Time: 8:00AM—4:30PM

Location: The Church at Severn Run

8187 Telegraph Rd, Severn, MD 21144

Register by: Monday 5/2



Your Adult Mental Health First Aid Instructor

Lauren N. Jenkins, LGPC