



SAN FERNANDO VALLEY COMMUNITY MENTAL HEALTH CENTER, INC.
Moving Lives Forward

MENTAL HEALTH FIRST AID

Made possible through a grant provided by Dignity Health.

On average, there are

123

SUICIDES A 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 Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 5-hour 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 appropriate care.

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.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

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

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

More than 1 million trained!

Dignity Health Grant Partners



TO SCHEDULE TRAINING, Please contact Jessica Gavidia at: 818.415.4976 or MHFA@sfvcmhc.org

VIRTUAL TRAINING DETAILS:

Duration: 2 hours (self-paced learning) + 5 hour (class)

Platform: ZOOM

Cost: FREE (for anyone who lives, works or studies in the San Fernando Valley)



MENTAL HEALTH FIRST AID®