



# NAMI

National Alliance on Mental Illness

# Long Beach

## MENTAL HEALTH FIRST AID

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 8-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!**

## WANT TO TAKE THE COURSE?

### Contact:

**NAMI Long Beach**

email: [nami@namilongbeach.org](mailto:nami@namilongbeach.org)

tel: 562-435-2264



MENTAL  
HEALTH  
FIRST AID®