# ATHRÚ PRESENTS: MENTAL HEALTH FIRST AID



SESSION IS ELIGIBLE FOR 7.5 PDC FOR SHRM-CP OR SHRM – SCP CREDENTIAL HOLDERS

WHY MENTAL HEALTH FIRST AID?

Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

### **EVENT INFORMATION:**

DATE: March 13th & 20th

TIME: 10:00 am - 1:30 pm ET

COST: \$199 PER PERSON FOR NATIONAL EAP/ PNNY

MEMBERS (\$265 FOR NON-MEMBERS)

\*\* MUST ATTEND BOTH SESSIONS AND COMPLETE 2
HOURS OF PREWORK TO RECEIVE THE FULL CREDIT

### **WHAT IT COVERS:**

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

### 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

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

### TO REGISTER:

<u>Click Here to Register</u>, or Scan the QR Code Below:





## LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE):

**Assess** for risk of suicide or harm.

Listen nonjudgmentally.

**Give** reassurance and information.

**Encourage** appropriate professional help.

**Encourage** self-help and other support strategies.