

# Mental Health First Aid Training Ready to Make a Difference?



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 Mental Health First Aid?

Mental Health First Aid is a certification training that teaches you how to identify, understand and respond to signs of mental health challenges 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 challenge and connect them to help.

## What it Covers:

- Common signs and symptoms of mental health and substance use challenges
- How to interact with a person in crisis
- How to connect the person with help
- Trauma, addiction and self-care topics

## What is Required to Become Certified?

- Attendees must complete 1-2 hours of self-paced pre-work on a Learning Management System prior to attending the instructor-led session.
- Participants must attend 6.5 hours of live-instructor led training.
- Post-course, all attendees must complete a post-quiz, evaluation and opinions quiz on the Learning Management System.
- Receive a 3-year certification from the National Council for Mental Wellbeing.

## Course Opportunity

Join us on November 15th in Saint Paul from **8:30 am - 4:00 pm**. Session led by certified instructor Adam Theisen from Minnesota Safety Council. Lunch included.

**Register today: [minnesotasafetycouncil.org](http://minnesotasafetycouncil.org)**