



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

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

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 Disease
Control and Prevention

Nearly

1 IN 5

in the U.S. lives
with a mental illness.

Source: National Institute
of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

In Person at
United Way of Greater Mercer County-Financial Empowerment Center

Date and Time:

September 16, 2026, 8:30AM-4:30PM

Location:

3444 Quakerbridge Rd, Bldg 3, Ste 101, Hamilton, NJ 08619

Where to Register:

<https://bit.ly/MHFAreg>



Space is limited—register now to secure your free spot!

The course will teach you how to
apply the MHFA 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.

IN PARTNERSHIP WITH



UNITED WAY
Greater Mercer County