



MENTAL HEALTH FIRST AID

**Early Childhood Providers:
Earn Your Mental Health First Aid Certificate!**

SAVE THE DATE!

MAXIMUM ATTENDEES 12
Scan the QR CODE below to Sign up



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: (Blended / In-Person Course)

This is a blended Adult Mental Health First Aid training. Participants must complete 2 hours of online, self-paced pre-work prior to participating in the scheduled 5.5 hours of instructor-led, in-person training.

The last day to sign up for this training is Friday, January 22, 2025, due to the pre-work requirement, unless the enrollment capacity is met prior to the deadline. The URL to register is <https://forms.gle/72r3BLBVozPvPgXp8>

Date and Time: Monday, January 27, 2025 (in-person) / 10am - 4pm, CST

Location: Round Lake Area Public Library: 906 Hart Rd, Round Lake, IL 60073

Disclaimer: Round Lake Area Public Library is not a sponsor of this training. Contact Erin Gasim at gasimerin@kanecountyil.gov if you have questions about this training opportunity

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

