



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# MENTAL HEALTH FIRST AID

## 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

## Who should take Mental Health First Aid?

- Faculty and Staff
- UPD & Security
- Students and Campus Leaders
- **CSN Employees may register on CAPE**  
Search “Mental Health 1st Aid” on the  
training calendar
- **Students contact CAPS for Dates & Times**  
MentalHealth.FirstAid@csn.edu

## 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.

**All inquiries may be sent to  
MentalHealth.FirstAid@csn.edu**