



# Mental Health First Aid Begins With You

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness 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 problem and help connect them to the appropriate care.

On average,

# 130

people die by suicide every day.

- American Foundation for Suicide Prevention

From 1999 to 2019,

# 841,000

people died from drug overdoses.

- 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

## Upcoming Course Dates

| Date            | Course                | Place                           |
|-----------------|-----------------------|---------------------------------|
| Thur., 9/28/23  | Youth MHFA            | OSF Community Health            |
| Tues., 10/3/23  | Youth MHFA            | East Bay Camp, Hudson IL        |
| Tues., 10/17/23 | MHFA for Older Adults | Carle Health & Fitness Center   |
| Fri., 11/10/23  | Adult MHFA            | OSF Community Health            |
| Thur., 1/18/24  | Adult MHFA            | McLean County Health Department |

To register, please go to:

<https://www.surveymonkey.com/r/2023MHFA>

or scan the QR code to the right.

