



Adult Mental Health First Aid Training

FOR COMMUNITY MEMBERS

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.

WHO IS THIS TRAINING FOR?

- Community Members
- Family Members
- Friends
- Students
- Caring Individuals

Orange County has an opioid overdose rate of **6.6 per 100,000**, compared to NC's rate of 13.6

Source: 2019 Orange County Community Health Assessment

From 2014 - 2018

70 people died by suicide in Orange County

Source: 2019 Orange County Community Health Assessment

Nearly **1 IN 5** in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

September 16, 2022 • 9am - 5pm

Whitted Building, 300 W. Tryon St. second floor in the BOCC Room, Hillsborough, NC
Lunch will be provided. Register at www.orangecountync.gov/MHFA

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

Assess for risk of suicide or harm.

Listen non-judgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.



For more information, contact
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