



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES

Mental Health First Aid strengthens the safety net for communities, especially our rural communities. In rural communities it is often hard to access and utilize professional help, so getting our communities trained increases the number of people able to recognize fellow community members who are struggling and support them. For many people, having someone who cares and can listen and provide reassurance and information may be all that they need to resolve the problem or ease the challenge.”

Michele Pilon

MHFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

In rural communities, there are significant challenges in accessing mental health care. Mental Health First Aid for Rural Communities helps adults acknowledge and begin to address those disparities, as well as to identify the many unique strengths that come from living in a community of supportive neighbors, friends, and families.

22.7%*

of people in non-metropolitan counties have experienced a mental health condition.

CHRONIC SHORTAGES*

of mental health professionals exist in rural areas, as mental health providers are more likely to practice in urban centers.

Approximately

**1.8
MILLION ***

adults living in rural areas reported having serious thoughts of suicide in the previous year.

*the original research for the displayed statistic is linked

Registration Links Below:

Tuesday, August 22nd 9:00am - 3:30 pm

Thursday, September 7th 9:00am - 3:30 pm

Spanish Mental Health First Aid:

Monday, August 28th 9:00am - 3:30 pm

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.