

MENTAL HEALTH FIRST AID FOR OLDER ADULTS

About **15%** of adults aged 60 and over have A MENTAL DISORDER.

World Health Organization

More than
1 million
people aged 65 or older had a substance use DISORDER IN 2014.

Substance Abuse and Mental Health Services Administration

Why Mental Health First Aid?

Mental Health First Aid for Older Adults teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training — which focuses on the unique experiences and needs of adults over the age of 65 — 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.

WHAT IT COVERS

- A discussion of life changes that occur in older adults.
- A discussion of the specific risk factors faced by older adults, such as chronic health conditions.
- How to discern the difference between talking about death and suicidal ideation.
- A breakdown of psychosis, dementia and delirium.
- How to communicate effectively with those who need help while using respectful language.
- How to combat the stigma around substance-related problems in the older adult population.

WHO SHOULD TAKE IT

- Families
- Caretakers
- Employers
- Nursing staff

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

“A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council of Behavioral Health and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population.”

—Ruth Kaluski, *Director of Career Connection Employment Resource Institute at the Mental Health Association in New Jersey*



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FIRST AID®