On average, **115** Americans die every day from **OPIOID OVERDOSE**.

Centers for Disease Control and Prevention

About 66% of the more than **63,600** drug overdose deaths in 2016 involved an **OPIOID**.

Centers for Disease Control and Prevention

The number of heroin users in the United States jumped from 404,000 in 2002 to **948,000** in 2016 — a **135%** increase.

CNN via National Institute on Drug Abuse

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. In this 8-hour course, participants learn the unique risk factors and warning signs of mental health problems, the importance of early intervention and, most importantly, how to help someone experiencing a mental health or substance use emergency.

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

**WHO SHOULD TAKE IT**

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

**WHAT IT COVERS**

- Signs and symptoms of an opioid overdose.
- Step-by-step instructions on how to respond to an opioid overdose, including how to administer naloxone.
- The context and statistics for opioid use and misuse.
- A discussion of concerns surrounding the opioid response steps.

**TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT**

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) **OR EMAIL** Info@MentalHealthFirstAid.org.

“This was terrific. I especially liked that the material destigmatized the topic. I feel that I now know what to do in a crisis — how to administer naloxone.”

—Attendee of Pilot Program, Portland, Oregon