



MENTAL HEALTH FIRST AID

On average, there are

123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016

630,000

People died from
DRUG OVERDOSE.

Centers for Disease Control and Prevention

Nearly **1 in 5** U.S.

Adults live with a
MENTAL ILLNESS

National Institute of Mental Health via the National Survey on Drug Use and Health (NSDUH) and the Substance Abuse and Mental Health Service Administration

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 8-hour training provides 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

- Common signs and symptoms of mental illness and substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** How to administer naloxone in the event of an opioid overdose

WHO SHOULD TAKE IT

- Employers and Staff
- Community members
- Hospital and service agency staff
- First responders
- Police Officers
- Faith Leaders
- Caring individuals

Mosaic Community Services has been awarded a grant from the Substance Abuse and Mental Health Services (SAMHSA) to provide Mental Health First Aid training to over 1,000 people in three years. Target groups include:

- Residents of Central Baltimore Communities;
- Staff of organizations and agencies that serve these communities, community leaders and influencers;
- Veterans, Active Military members, their families, and those that serve the Veteran/Military population.

Contact Cindy Eikenberg (cindy.eikenberg@mosaicinc.org) or Julie Cook (julie.cook@mosaicinc.org) for more information or to schedule a training for your organization or group.