



Lunch and Learn
Wednesday, May 12, 2021
12:00pm-1:00pm



Nearly **1** in **5** U.S. adults lives 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 Services Administration

INTRODUCTION TO

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**. This 8-hour training 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.

WHO SHOULD TAKE IT

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

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of 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.



SPACE IS LIMITED
REGISTER NOW:
email jradick@pa.gov
or call 610-329-4814



CRCC Pre-Approved

PRA and MAR members attend for FREE. All others pay \$15