BRAIN INJURY ASSOCIATION OF MARYLAND (BIAMD) IS HOSTING MENTAL HEALTH FIRST AID TRAINING

FRIDAY, DECEMBER 20TH, 2019
JOIN US!
2200 KERNAN DRIVE
BALTIMORE, MD 21207
**WILL BE HOSTED IN THE LIBRARY
FROM: 8:45AM - 5:00 PM

This is a free training hosted by the BIAMD
If interested please rsvp to info@biamd.org

PLEASE NOTE WE ARE LIMITED TO 15 PARTICIPANTS.
DEADLINE TO RSVP: DECEMBER 16TH, 2019

MENTAL HEALTH FIRST AID TRAINING FOR FRIDAY, DECEMBER 20TH, 2019

ON AVERAGE, THERE ARE
1,233 SUICIDES A DAY
American Foundation for Suicide Prevention

FROM 1999-2016
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 Services Administration

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

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

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

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