



MENTAL HEALTH MATTERS JAX

Adult Mental Health First Aid Training

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance misuse challenges among adults.

An average of

629

adults died in 2022 by
suicide in Duval County.

Source: FLHealthCharts.gov

Nearly

1 in 5

in the US lives with a
mental illness.

Source: Center for Disease Control and
Prevention

More than

3,339

Duval County residents died
of an unintentional overdose
from 2016 to 2023.

Source: Center for Disease Control and
Prevention

WHO SHOULD BE TRAINED?

- Caring Individuals
- Co-Workers
- Family Members
- Faith Leaders
- Community Members
- Police Officers
- Hospital Staff

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health
- Common signs and symptoms of substance misuse
- How to interact with a person in crisis
- How to connect the person with help
- How to administer naloxone in the event of an opioid overdose

LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE)

- A**ssess for risk of suicide or harm.
- L**isten nonjudgementally.
- G**ive reassurance information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

FOR MORE INFORMATION ON
REGISTERING FOR A TRAINING,
VISIT:



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

STARTING POINT
Behavioral Healthcare