



MENTAL HEALTH FIRST AID FOR VETERANS

Nearly **1 in 4** active duty members showed signs of a MENTAL HEALTH CONDITION, according to a 2014 study.

National Alliance on Mental Illness via JAMA Psychiatry

20

veterans die by SUICIDE EACH DAY.

U.S. Department of Veterans Affairs

About **18.5%**

of service members returning from Iraq or Afghanistan have post-traumatic stress disorder (PTSD) OR DEPRESSION.

Substance Abuse and Mental Health Services Administration

Why Mental Health First Aid?

Mental Health First Aid for Veterans, Military Members and their Families 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 appropriate care.

WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans

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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?

Where: _____

When: _____

Register Here: _____



MENTAL
HEALTH
FIRST AID®