



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## FREE MENTAL HEALTH FIRST AID INFORMATION SESSION FROM VOLUNTEERS OF AMERICA



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### 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 use challenges among adults.

On average,

**130**

people die by  
suicide every day.

Source: American Foundation  
for Suicide Prevention

From 1999 to 2019,

**841,000**

people died from  
drug overdoses.

Source: Centers for Disease  
Control and Prevention

Nearly

**1 IN 5**

in the U.S. lives  
with a mental illness.

Source: National Institute  
of Mental Health






### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

### WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid  
Action Plan (**ALGEE**):

-  **Assess** for risk of suicide or harm.
-  **Listen** nonjudgmentally.
-  **Give** reassurance and information.
-  **Encourage** appropriate professional help.
-  **Encourage** self-help and other support strategies.

**Free Information Session for Our Community**  
**Join Us and You Will be Entered in Our Raffle Contest!**

**Hosted by VOA Hope Center**

**Give Yourself and Your Loved Ones the Gift of Mental Health**

**Date:** February 20, 2023 at 1:00 PM-3:00 PM

**Presented by:** Tomeka Magagula, MEd, LCPC, LPC

**Location:** VOA Hope Center

7505 Greenbelt Road, Basement Conference room,  
Greenbelt, MD 20770

For more information call the VOA Hope Center at  
1-833-HOPE VOA (467-3862)

or email:

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