



MENTAL HEALTH FIRST AID

COURSE DETAILS

Saturday, August 14, 2021
Pahala Community Center
8:00am - 4:00pm

Certified Instructors:

Jo Anne Balberde-Kamalii
Tracey Wise

Registration & Contact Info:

To register fill out the RSVP form at bit.ly/MHFA814

or email Lindsey Iyo at Lindsey.iyo@hawaiicounty.gov

For more information, call (808) 217-6074

This is an IN-PERSON TRAINING. First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 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. Please note that this class does cover the topics of suicide awareness and suicide prevention.

On average,

123

people die by suicide each day.

– American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from drug overdose.

– Centers for Disease Control and Prevention

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 and the Substance Abuse and Mental Health Services Administration



"This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program." – Nikki Carber, Speak Out Against Suicide

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:** Expanded content on trauma, addiction and self-care

The course will teach you how to apply the **ALGEE** action plan:

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