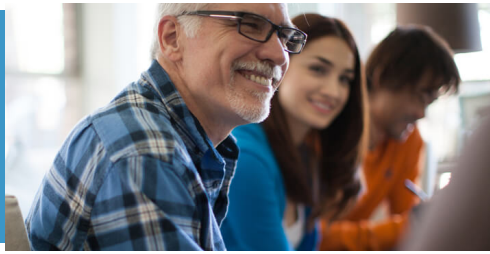




**MENTAL
HEALTH
FIRST AID**



On average, there are

123

SUICIDES A DAY.

*American Foundation for
Suicide Prevention*

From 1999 to 2016

630,000

**people died from
DRUG OVERDOSE.**

*Center for Disease Control
and Prevention*

Nearly

1 in 5

**U.S. adults lives with
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*

Why Mental Health First Aid?

Anyone, anywhere can be the one to make a difference in the life of someone with a mental health or substance use challenge - if they know what to do and what to say.

Mental Health First Aid teaches **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives the skills 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.

This course covers:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance of abuse
- How to interact with a person in crisis
- How to connect the person with help

Want to take the course?

Find more information on our website about upcoming training dates, how to register, and more:
www.mankatoclinic.com/mental-health-first-aid

Learn more about Mental Health First Aid here:
www.mentalhealthfirstaid.org



This course is facilitated by Mary Beth Trembley, RNC- Mary Beth has been with the Mankato Clinic Department of Psychiatry since 2003 and is a Mental Health First Aid Certified Trainer. She is passionate about providing support and education regarding psychiatric diagnosis, treatment modalities, and community resources. Mary Beth has worked in detox, chemical dependency, and as a sexual assault nurse examiner.

→ mankatoclinic.com