



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

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

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

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>
Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>
National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

Adult Mental Health First Aid Course

Registration ends Friday, March 6th, 2026

30 seats available. FREE. In-person!

Date and Time:

Saturday, March 28, 2026

8:30am - 4:30pm

Location:

St. Damian Pastoral Center
5250 155th Street, Oak Forest, IL, 60452

Where to Register:

Email Lisa Guardiola at lguardiola@sertomastar.org
or call 1-708-748-1951 ext. 405

The course will teach you how to
apply the MHFA 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.

Course will be presented in the Franciscan Room.
Take the elevator downstairs. Lunch will be provided.