



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



ADULT MENTAL HEALTH FIRST AID

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*

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.

VIRTUAL TRAINING DATES

9:30 AM - 3:00 PM

- Thursday, February 20, 2025
- Thursday, April 17, 2025
- Thursday, June 26, 2025
- Thursday, August 21, 2025
- Thursday, October 16, 2025
- Thursday, December 18, 2025

Virtual trainings are held via Zoom. **2 hours of online pre-work will be required to be completed prior to training date.** Must reside, work, or volunteer in Cape May County to be eligible for training.

REGISTER FOR TRAINING:



WWW.CAPEASSIST.ORG/AMHFA



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