

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR VETERANS

So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place."

– Tousha Paxton-Barnes, U.S. Army Veteran

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Veterans, Military Members and their Families teaches you how to identify, understand and respond to signs of mental illnesses 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 appropriate care.

Nearly **1 IN 4** active duty members showed **signs of a mental health condition,** according to a 2014 study.
- National Alliance on Mental Illness via JAMA Psychiatry

20 **veterans die by suicide** each day.
- U.S. Department of Veterans Affairs

About **18.5%** of service members returning from Iraq or Afghanistan have **post-traumatic stress disorder (PTSD) or depression.**
- Substance Abuse and Mental Health Services Administration

WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans

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.

To find a course or contact an Instructor in your area, visit **MentalHealthFirstAid.org** or email **Info@MentalHealthFirstAid.org**.