

BRAIN INJURY ASSOCIATION OF MARYLAND (BIAMD) IS HOSTING MENTAL HEALTH FIRST AID TRAINING

ON AVERAGE,
THERE ARE

123 SUICIDES A DAY
American Foundation for
Suicide Prevention

FROM 1999-2016

630,000 PEOPLE DIED
FROM **DRUG
OVERDOSE**
Centers for Disease
Control and Prevention

NEARLY

1 in 5 U.S. ADULTS LIVE
WITH A MENTAL
ILLNESS

National Institute of Mental Health via the National Survey on Drug Use and Health (NSDUH) and the Substance Abuse and Mental Health Services Administration

WHY MENTAL HEALTH FIRST AID

MENTAL HEALTH FIRST AID TEACHES YOU HOW TO IDENTIFY, UNDERSTAND AND RESPOND TO SIGNS OF MENTAL ILLNESSES AND SUBSTANCE USE DISORDERS. THIS 8 HOUR 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

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: HOW TO ADMINISTER NALOXONE IN THE EVENT OF AN OPIOID OVERDOSE

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

- ASSESS FOR RISK OF SUICIDE OR HARM
- LISTEN NONJUDGMENTALLY
- GIVE REASSURANCE AND INFORMATION

- ENCOURAGE APPROPRIATE PROFESSIONAL HELP
- ENCOURAGE SELF-HELP AND OTHER SUPPORT STRATEGIES

FRIDAY, DECEMBER 20TH, 2019

JOIN US !

2200 KERNAN DRIVE

BALTIMORE, MD 21207

****WILL BE HOSTED IN THE LIBRARY**

FROM: 8:45AM - 5:00 PM

This is a free training hosted by the BIAMD
If interested please rsvp to info@biamd.org

PLEASE NOTE WE ARE

LIMITED TO

15 PARTICIPANTS.

DEADLINE TO RSVP: DECEMBER 16TH, 2019