

# 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](mailto:info@biamd.org)

PLEASE NOTE WE ARE  
LIMITED TO  
15 PARTICIPANTS.

DEADLINE TO RSVP: DECEMBER 16TH , 2019