



**Mental Health**  
**FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

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*

From 1999 to 2019,

**841,000**

people died from  
drug overdoses

*Source: Centers for Disease  
Control and Prevention*

### 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.

#### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Employers
- Police Officers
- First Responders
- Caring Individuals

For some  
professions,  
MHFA  
certification  
can be used to  
obtain CEUs

#### 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

**PACA Mental Health First Aid Seminar:** for PACA Members only (this is a pilot program for HR Management)

**Date:** September 12, 2024 at 9:00am (continental breakfast and light lunch included)

**Location:** Annville, PA

**Duration:** This will be a “Blended Class” – learners will complete a 2-hour, self-paced online course, and then participate in an in-person 6.5-7 hour, instructor-led training

**Registration:** limited to 15 on a first come/first served basis, fee: \$125.00, additional registration details to follow

**To Learn More about MHFA:** visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) or contact Jen Housel, certified MHFA Instructor, [jhayeshousel@gmail.com](mailto:jhayeshousel@gmail.com)