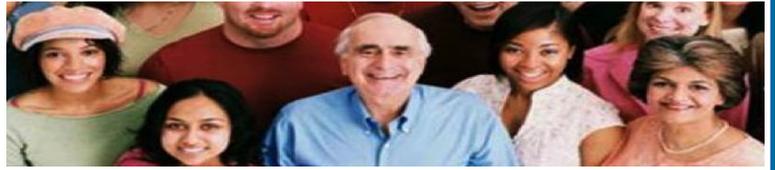




MENTAL  
HEALTH  
FIRST AID™



## What is Mental Health First Aid?

Mental Health First Aid is an 8-hour course that teaches participants how to help a person developing a mental health problem or experiencing a mental health crisis.

The help is given until appropriate treatment and support are received or until the crisis resolves.



## Making a difference, one person at a time.

Duration: 8 hours

To schedule a group training, or sign up for an existing training, contact:  
Andrea Hood at 801-538-6599  
ahood@utah.gov

### Action Plan: ALGEE

- **A:** Assess for risk of suicide or harm.
- **L:** Listen nonjudgmentally
- **G:** Give reassurance and information
- **E:** Encourage appropriate professional help
- **E:** Encourage self-help and other support strategies.

## Connect Suicide Postvention Training

From NAMI NH

- Strategically encourage help-seeking, reduce stigma, and promote healing for survivors
- Reduce the risk of suicide-related phenomena (contagion, copy-cat, and pacts).
- Use safe messaging in communications such as media reporting, funerals, memorials, etc

Connect is a training for professionals and communities to prepare them to respond to a suicide attempt or death, in a manner that will promote healing and reduce risk for affected community members.



Duration: 3 hours

To schedule your group training, contact:  
Andrea Hood at 801-538-6599  
ahood@utah.gov