



Mental Health First Aid

22 SUICIDES A DAY

14 out of 22 (**64%**) did not
receive any help

We are **Veterans** training
other **Veterans**,
Active Duty and their
families in
Mental Health First Aid.
With the goal of reducing
suicides by
up to 64% in
our community

If we change nothing,
nothing will change

Why Mental Health First Aid?

Just as CPR helps you
assist an individual having
a heart attack, Mental
Health First Aid helps you
assist someone
experiencing a mental
health or substance use-
related crisis, how to
identify common signs and
symptoms of mental
illness, and how to connect
the person with help.

Sign up for a training today or book one for your
group - Email JohnWay@vaway.org



Mental Health First Aid Training & Certification

Topics covered:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders
- PTSD
- How stigmas affect our perception of mental illness and how WE can change that.
- How to reach out and offer help.

SAVE LIVES

This training teaches you how to identify, understand and respond to signs & symptoms of mental illness and substance use disorders and gives you the skills you need to reach out and provide initial support to someone with a mental health or substance use challenges and connect them to the appropriate care.

Training & Certification Details

Duration:

This is an 8-hour course that can be taught in 1 day or over 2 days.

Optimal class size between 20-25 attendees.

We will work with your group.
Email JohnWay@vaway.org for rates and to schedule your class.

Who should take the training?

- Veterans, Active Duty & Family
- Teachers
- Directors
- Educators
- Employers
- Government Employees
- Community Members
- Caring Individuals

