



## 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](mailto: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](mailto: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

