

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 appropriate care.



GET IN TOUCH

Southwest Behavioral & Health Services

3450 North 3rd Street

Phoenix, AZ 85012

602-265-8338

www.sbhservices.org

MHATGrant@sbhservices.org

MENTAL HEALTH FIRST AID



PRESENTED BY



SOUTHWEST
BEHAVIORAL & HEALTH SERVICES
SEEKING SOLUTIONS, CREATING CHANGE

Nearly **1 in 5** U.S. adults
lives with a
MENTAL ILLNESS.

*National Institute of Mental Health via the National Survey on
Drug Use and Health and the Substance Abuse and Mental Health
Services Administration*

On average, there are
123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,
630,000
people died from
DRUG OVERDOSE.

Centers for Disease Control and Prevention



Join The Movement

Sometimes first aid isn't
a bandage, or CPR or
calling 911. Sometimes,
first aid is **YOU.**

**TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN
YOUR AREA, VISIT www.MentalHealthFirstAid.org OR
EMAIL MHATGrant@sbhservices.org.**