



# MENTAL HEALTH FIRST AID

## VIRTUAL TRAINING

Thursday, Oct. 17th, 2024

9:00 AM - 3:30 PM

### **\*Pre-Requisites Required\***

Instructions will be emailed to registered participants by 10/4. Pre-work (approx. 2 hrs worth) must be completed by 10/14 in order to be admitted into the virtual classroom

### **REGISTER NOW!**

Sign up on the Delaware Learning Center (DLC)

#### **EXTERNAL USERS:**

Create a DSAMH-specific DLC account via <https://stateofdelaware.csod.com/default.aspx?c=de-dsamh>

#### **DHSS MERIT & C/S EMPLOYEES:**

Access your existing DLC account via: <https://id.delaware.gov>

On average,

**130**

people die by suicide every day.

*Source: American Foundation for Suicide Prevention*

From 1999 to 2019,

**841,000**

people died from drug overdoses.

*Source: Centers for Disease Control and Prevention*

Nearly

**1 IN 5**

in the U.S. lives with a mental illness.

*Source: National Institute of Mental Health*

Once trained and certified, Mental Health “First Aiders” will be able to:

- Identify and respond to signs and symptoms of a mental health or substance use challenge
- Apply a 5-step Action Plan to recognize warning signs of depression; anxiety; suicidal thoughts; nonsuicidal self-injury; and, psychotic, substance use and eating disorders
- Distinguish between crisis and non-crisis situations when providing aid and calling or making referrals to appropriate support and services

## Get Certified in Mental Health First Aid Today!

### Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics.

<https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). Mental illness.

<https://www.nimh.nih.gov/health/statistics/mental-illness>



**DELAWARE HEALTH AND SOCIAL SERVICES**

**Division of Substance Abuse and Mental Health**

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