



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR OLDER ADULTS



A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council for Mental Wellbeing and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population.”

— **Ruth Kaluski**,
Director of Career Connection Employment
Resource Institute at the Mental Health
Association in New Jersey

WHY MENTAL HEALTH FIRST AID?

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

Whether you need to assist today or years from now, this certification gives you the confidence you need to have the conversations that will allow older adults to live as comfortably and independently as possible.

1 IN 4*

Older adults have
a mental health
condition.

More than
1 MILLION*

adults age 65 and up
had a substance use
challenge.

Males aged 75 and
over have a
**HIGHER RATE
OF DEATH
BY SUICIDE***
than any other group.

*the original research for the displayed statistic is linked

REGISTER TODAY!

Delivery Format:

Date and Time:

Location:

Where to Register:

The course will teach you how to
apply the MHFA Action Plan (**ALGEE**):

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