



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES



Mental Health First Aid strengthens the safety net for communities, especially our rural communities. In rural communities it is often hard to access and utilize professional help, so getting our communities trained increases the number of people able to recognize fellow community members who are struggling and support them. For many people, having someone who cares and can listen and provide reassurance and information may be all that they need to resolve the problem or ease the challenge.”

— **Michele Pilon**
MHFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

In rural communities, there are significant challenges in accessing mental health care. Mental Health First Aid for Rural Communities helps adults acknowledge and begin to address those disparities, as well as to identify the many unique strengths that come from living in a community of supportive neighbors, friends, and families.

22.7%*

of people in
non-metropolitan
counties have
experienced
a mental health
condition.

**CHRONIC
SHORTAGES***

of mental health
professionals exist in
rural areas, as mental
health providers are
more likely to
practice in
urban centers.

Approximately

**1.8
MILLION***

adults living in rural
areas reported having
serious thoughts of
suicide in the
previous year.

*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.