

## MENTAL HEALTH FIRST AID

REDUCING STIGMA, RAISING MENTAL HEALTH LITERACY  
AND CREATING COMMUNITIES OF WELLBEING.



### Mental Health Conditions are Common in the Workplace.

- **1 in 5 adults** experiences a mental health condition in any given year.
- **70% of Americans** living with depression are in the workforce.
- **35 million workdays** are lost each year due to mental health conditions.
- **\$105 billion** cost of untreated mental health conditions in the U.S. each year – mostly due to lost productivity.
- **1 person dies by suicide every 12 minutes** in the United States. This includes 22 veterans daily.

### Mental Health Conditions are Treatable.

“Recovery is the process in which people are able to live, work, learn and participate fully in their communities. For some, this is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms.” - President’s New Freedom Commission on Mental Health

### Create a Culture of Wellbeing

Mental Health First Aid is a skills-based, experiential and evidence-based practice. This interactive course consists of two-hours of self-paced pre-content completed online prior to attending the four-hour instructor-led held virtually or in person. Mental Health First Aid trains laypersons to recognize and respond to the most common mental health challenges using a proven action plan.

### Mental Health First Aid Action Plan

- A** – Assess for risk of suicide or harm
- L** – Listen non-judgmentally
- G** – Give reassurance and information
- E** – Encourage appropriate professional help
- E** – Encourage self-help and other support strategies

Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). Peer-reviewed studies show that trained participants experience:

- 67% increase in their knowledge of signs, symptoms and risk factors of mental health conditions and substance use challenges. Participants show increased mental health wellness themselves.
- 56% increase in their confidence in and likelihood to help an individual in distress.
- 47% increase in their ability to identify multiple types of professional and self-help resources to connect a distressed person with.

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