



# MENTAL HEALTH FIRST AID

## Fall 2022

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*

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  
[NSDUH] and the Substance Abuse and Mental  
Health Services Administration*

**EDC 203-0001:** Tuesday 5-6:15p

**EDC 203-0002:** Thursday 5-6:15p

**EDC 203-0003:** Monday 3-4:15p

**EDC 203-0004:** Sat & Sun, Oct. 15&16, 8a-2p (both days)

**EDC 203-0005:** Sat & Sun, Nov. 19&20, 8a-2p (both days)

Online,  
synchronous  
learning!

## 1 Credit

### WHO SHOULD TAKE IT

- Everyone.
- This training leads to National Certification in Mental Health First Aid, is an opportunity for personal and professional development, and provides a forum for critically important conversations about not only Mental Health, but also the specific URI resources available for support.

### WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- How to administer naloxone in the event of an opioid overdose.

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This training gives you the skills to reach out and provide initial support to someone who may be struggling and help connect them to appropriate care.

Register on Ecampus TODAY! Space is limited.  
Email [MHFA@etal.uri.edu](mailto:MHFA@etal.uri.edu) for more information!

**"This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program."**

*-Nikki Carber, Speak Out Against Suicide*

# More than one million trained!



**MENTAL  
HEALTH  
FIRST AID®**