MENTAL HEALTH FIRST AID

Fall 2022

On average, there are **123** SUICIDES A DAY.

From 1999 to 2016, **630,000** people died from DRUG OVERDOSE.

Nearly **1 in 5** U.S. adults lives with a MENTAL ILLNESS.

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**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)

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 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!