Why Mental Health First Aid?

Mental Health First Aid for Fire/EMS teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers’ and families’ lives, and the communities they serve.

In 2017, 103 firefighters died by suicide; more than the 93 firefighters who died IN THE LINE OF DUTY. USA Today

A survey of 7,000 North American firefighters revealed 27% have struggled with SUBSTANCE USE ISSUES. NBC Washington

WHAT IT COVERS

• A discussion of first responder culture, stigma and their relevance to the topic of mental health.
• Outreach tactics to respond to individuals experiencing a mental health crisis.
• A discussion of the specific risk factors faced by many first responders and their families.
• A review of common mental health resources for first responders, their families and those who support them.

WHO SHOULD TAKE IT

• Firefighters
• EMS personnel
• Other first responders
• Family members of first responders

The course will teach you how to apply the ALGEE action plan:

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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?

Where: Strafford Superior Courthouse, 259 County Farm Road, Dover, NH 03820
When: Tuesday, August 11, 2020 from 8:00 AM - 4:00 PM
Register Here: 2321SM58 (Click link to register)