

MENTAL HEALTH FIRST AID

for Rural Communities



More than

6.5 MILLION

people in non-metropolitan counties experienced a **mental health condition** in 2016.

Approximately

1.3 MILLION

people living in rural areas have **thoughts of suicide** each year.

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

Between 1992-2010, **farmers and ranchers** had a rate of suicide that was on average

3.5 TIMES HIGHER

than that of the general population.

Why Mental Health First Aid?

Mental Health First Aid 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. Mental Health First Aid for Rural Communities teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural and environmental factors related to life in rural areas.

WHO SHOULD TAKE IT

- Community health workers, tribal health workers, Promotoras/Promotores
- Employers and business leaders
- Law enforcement personnel
- Corrections officers and parole/probation officers
- EMS personnel
- School personnel and educators
- Members of faith communities and their leaders
- Medical providers (e.g., nurses, medical assistants)
- Caring Individuals
- Librarians

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.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

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



MENTAL
HEALTH
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NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

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