



# Mental Health First Aid Begins With You

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This 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.

On average,  
**130**

people die by suicide every day.  
- American Foundation for Suicide Prevention

From 1999 to 2019,

**841,000**

people died from drug overdoses.  
- Centers for Disease Control and Prevention

Nearly

**1 IN 5**

in the U.S. lives with a mental illness.  
- Source: National Institute of Mental Health

## 2023 Course Dates

Date	Course	Place
Tues., Feb. 7th	Adult MHFA	Carle Health & Fitness Center
Fri., Mar. 3rd	MHFA for Older Adults	OSF Center for Healthy Lifestyles
Tues., Apr. 11th	Adult MHFA	Carle Health & Fitness Center
Thur., May 4th	Youth MHFA	OSF Center for Healthy Lifestyles
Thur., Jul. 20th	Adult MHFA	OSF Center for Healthy Lifestyles
Tues., Aug. 8th	Adult MHFA	Carle Health & Fitness Center

To register, please go to:  
<https://www.surveymonkey.com/r/2023MHFA>  
or scan the QR code to the right.

