



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Adult Mental Health First Aid Blended Delivery

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January 2025

Adult Suicide deaths, plans, and attempts in the United States



Over
49,000
people died by
suicide in 2022



1 death every
11 minutes

Many adults think about
suicide or attempt suicide

13.2 million
Seriously thought about suicide

3.8 million
Made a plan for suicide

1.6 million
Attempted suicide

Adolescent Mental Health & Suicidality

ABES

Adolescent Behaviors and Experiences
During the COVID-19 Pandemic, 2021

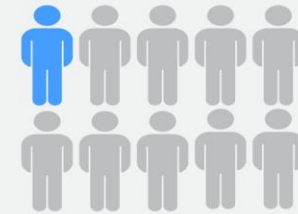
Mental Health & Suicidality

1 out of every **3**

students had poor mental health during the pandemic



1 out of every **10**



students attempted suicide during the past year

2 out of every **5**

students felt emotional distress during the past year



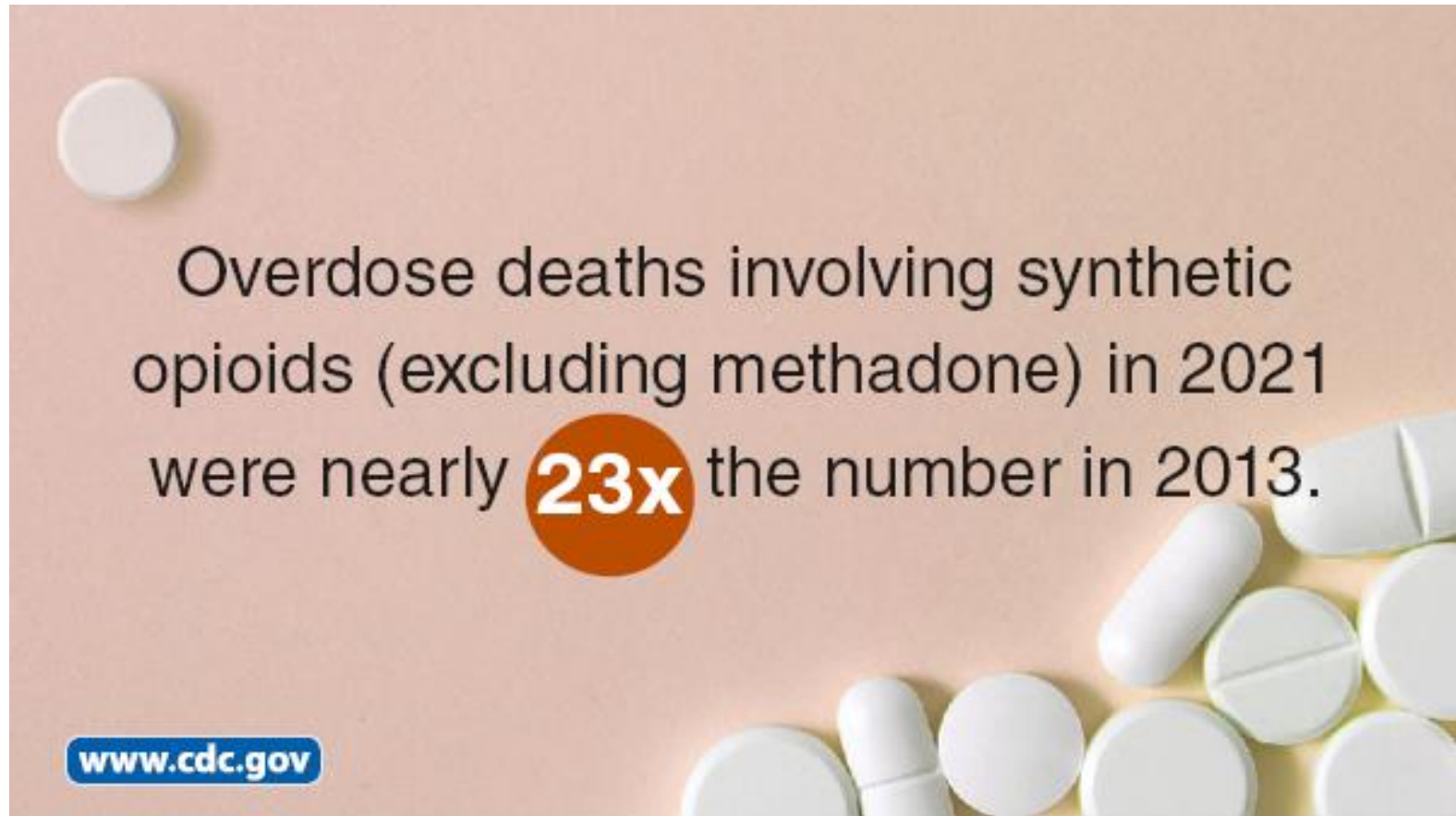
Poor mental health and suicide attempts were **less common** among students who **felt close to people at school**



<http://www.cdc.gov/healthyyouth>



Synthetic Opioid Deaths in 2021 vs. 2013



CDC warns public of emerging deadly drug 100x stronger than Fentanyl

- A recent report from the CDC showed that overdose deaths from carfentanil are becoming more common.
- Carfentanil is a synthetic opioid 100 times more potent than fentanyl that's likely being mixed into illegal drugs.
- Carfentanil-related deaths are still rare, but experts say if the trend continues, the powerful drug could cause more overdoses and intensify the opioid epidemic.

Overdose deaths due to carfentanil—a dangerous drug more potent than fentanyl—are becoming more common, according to a recent report from the Centers for Disease Control and Prevention (CDC).

Alcohol Deaths in the United States

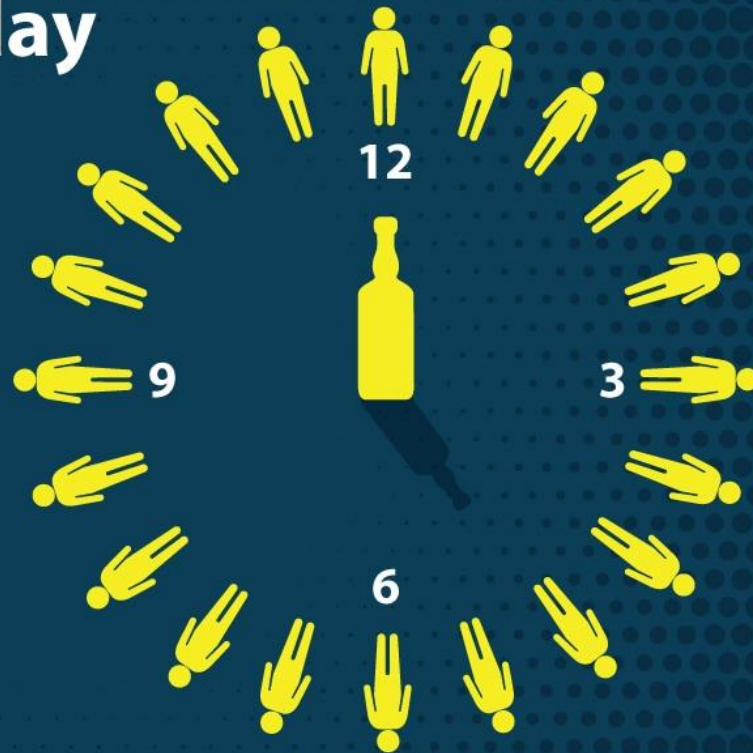
488 deaths each day
from excessive
alcohol use.*

That's about
20 people
every hour.

*Based on deaths per year in the U.S. during 2020-2021.



www.cdc.gov/alcohol



Mental Health First Aid Matters



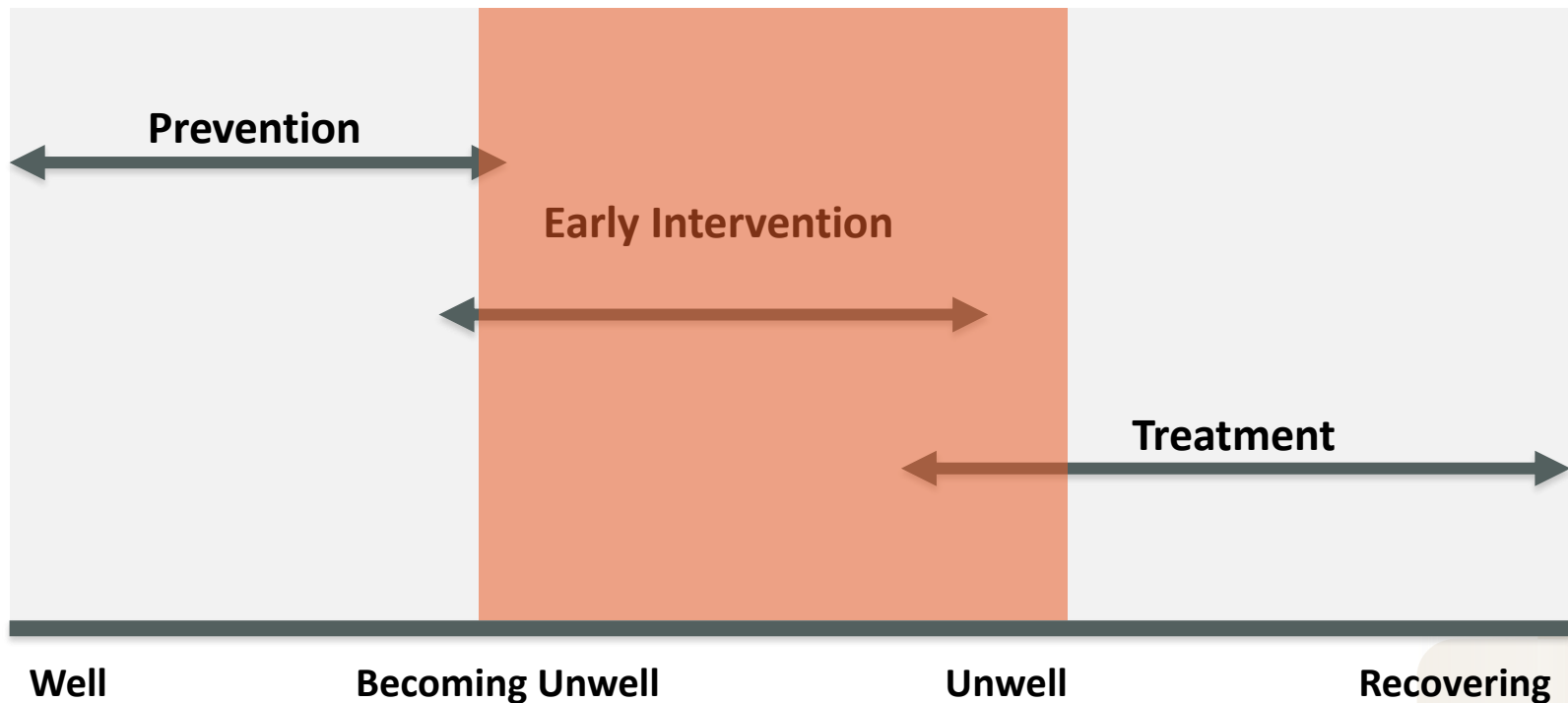
- Most of us would know how to help if we saw someone having a heart attack — we'd start CPR, or at the very least call 911. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or coworker might be showing signs of alcohol use disorder.
- Mental Health First Aid takes the fear and hesitation out of starting these conversations by improving understanding and providing an [action plan](#) that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge.


Mental Health First Aid

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use challenges.

- Create a new path of resilience and wellbeing.
- Reduce stigma and discrimination.
- Improve overall psychological safety.
- Address mental health and substance use challenges.

Where Mental Health First Aid Can Help



 Where Mental Health First Aid can help on the spectrum of mental health interventions

What Participants Learn

- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** on depression, anxiety, trauma, psychosis and substance use.
- **A 5-step Action Plan** to help someone developing a mental health or substance use challenge.
- Available evidence-based professional, peer and self-help **resources**.

Course Agenda: MHFA Skills Application

SEGMENT	TOPIC
1	Welcome to Mental Health First Aid
2	MHFA Self-paced Introduction Recap
3	ALGEE: Mental Health First Aid Action Plan
4	MHFA for Early Signs and Symptoms
5	MHFA for Worsening Signs and Symptoms
6	MHFA for Crisis Situations
7	Self-care for the Mental Health First Aider



The MHFA Action Plan (ALGEE)



What does the MHFA training look like?

- Trainings are provided in a Blended-Virtual format
- Learners complete a 2-hour, self-paced online course, and then participate in a 6-hour Instructor-Led virtual training (via zoom) on the training dates posted on the mentalhealthfirstaid.org site.
- Self-paced course section **must be completed at least one week prior** to training date.
- **Must be** a Sacramento County resident **OR** work in Sacramento County serving our community in behavioral health/social services.



Mental Health First Aid Works



So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is – it is help to get people connected to care and ultimately to get them to a better place.” [–Tousha Paxton-Barnes](#)

Sign Up Now

For inquires or to Register for MHFA Trainings hosted by
Sacramento County Behavioral Health Contact:

MHFA@saccounty.gov

To find MHFA Training Dates:

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Sacramento County MHFA Flyer:

[MHFA Flyer Link](#)