



MENTAL
HEALTH
FIRST AID®



On average, there are

123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,

230,000

people died from
DRUG OVERDOSE.

Centers for Disease Control and Prevention

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

*National Institute of Mental Health via the
National Survey on Drug Use and Health
and the Substance Abuse and Mental
Health Services Administration*

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.

OPEN TO NORTH CAROLINA RESIDENTS ONLY

LIMITED TO THE FOLLOWING TRILLIUM CATCHMENT AREAS:

Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Currituck, Dare, Gates, Hertford, Hyde, Jones, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Tyrrell, and Washington counties.

April 2021 Community Mental Health First Aid (MHFA) Trainings For NC Residents

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. These trainings will give you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use challenge and help connect them to appropriate care. Youth Mental Health First Aid (YMHFA) and Adult Mental Health First Aid (AMHFA) will be held virtually and participants are required to complete a 2-hour self pace study prior to attending the instructor-led training.

Adult MHFA April 15, 2021 (8:30a-2:30p)

Adult MHFA April 28, 2021 (8:30a-2:30p)

Youth MHFA April 29, 2021 (8:30a-2:30p)

Registration deadline is March 31, 2021

Although there is no cost to you, this course is valued at \$25 per person. If you must cancel your registration, please do so within 48 hours of the instructor led course. Failure to cancel within the recommended timeframe may result in a 30-day waiting period to reschedule the training.

Please contact wylanda.jones@trilliumnc.org or
carlos.mirodipini@trilliumnc.org.



REGISTER HERE

Individuals are only permitted to register for one MHFA training within a 30-day period.