



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

## MENTAL HEALTH FIRST AID FOR OLDER ADULTS

### GET CERTIFIED TODAY!

#### Mental Health First Aid Training

Teaches you how to identify, understand, and respond to signs of mental health illness and substance use disorders amongst older adults.

#### What It Covers:

- The unique impacts of mental health and substance use challenges on older adults.
- Risk factors and protective factors specific to older adults.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults.
- National, regional and community mental health resources for older adults and their caregivers.

#### Who Should Take It?

Individuals who are part of, connected to or support older adults and their families.

\*\*\*Pre-work 1-hour self-paced online modules are **REQUIRED** to be completed before attending the In-person training!



**1 IN 4\***

Older adults have a mental health condition.

More than  
**1 MILLION\***

adults age 65 and up had a substance use challenge.

Males aged 75 and over have a  
**HIGHER RATE OF DEATH BY SUICIDE\***  
than any other group.

\*the original research for the displayed statistic is linked

**FREE!**

### Mental Health First Aid Training **\*In-Person\***

**REGISTER TODAY!**

**TO REGISTER OR FOR MORE  
INFORMATION:**

**818-847-3955**

Email: [Iridian.Jimenez@Providence.org](mailto:Iridian.Jimenez@Providence.org)

**SCAN QR CODE  
TO REGISTER**

