



Mental Health FIRST AID®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®



MENTAL HEALTH FIRST AID FOR MILITARY, VETERANS, AND THEIR FAMILIES

Upcoming Courses:

June 12 & 13

9 AM - 1:30 PM, Rural Health Network
455 Court St. Binghamton

June 28 & 30

12:30 PM - 5 PM, Rural Health Network
455 Court St. Binghamton

July 20 & 21

9 AM - 1:30 PM, Taste NY
840 Front St. Binghamton

August 8 & 10

10 AM - 3 PM*, Broome County Public
Library

FREE, registration required
To register, **contact Julianne Lee:**
607-788-6896 - jlee@rhnsny.org

*dates marked with an asterisk do not require
use of the online portal

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Military, Veterans, and their Families is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge.

This training specifically addresses the relevance of mental health to military culture, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.

Nearly

1 IN 4*

active duty members
showed signs of a
mental health condition.

The suicide rate
for veterans is

57%

GREATER*

than non-veterans.

88%*

of veterans' caregivers
report increased stress
or anxiety.

*the original research for the displayed statistic is linked

WHAT IT COVERS

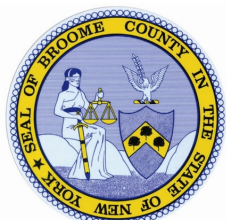
- The relevance of mental health to the community of military, veterans and their families.
- Risk factors and protective factors specific to the community of military, veterans and their families.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed specifically for military, veterans and their families.
- National, regional and community mental health resources for service members, veterans and their families.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

WHO SHOULD TAKE IT

- Individuals who are a part of or support the military community, including service members, veterans and military families.



This program is supported
by funding from Broome
County

**RURAL HEALTH
NETWORK**
Serving South Central New York