# Mental Health FIRST AID

*from* NATIONAL COUNCIL FOR MENTAL WELLBEING

# SIGN UP TODAY

**64.1%**

of youth with major depression **do not receive any mental health treatment.**

*– Mental Health America*

**5.13%**

of youth report having a **substance use or alcohol problem.**

*– Mental Health America*

**1 IN 5**

teens and young adults **lives with a mental health condition.**

*– National Alliance for Mental Illness*

Sign Up for Just 1

## January 15th or 16th 2026 The Commons Room 203

All Day Training

## What You'll Learn:

- How to talk about mental health non-judgmentally.
- Recognizing risk factors and warning signs.
- A 5-step action plan (ALGEE) to help someone in crisis.
- Connecting people to professional care.

## MENTAL HEALTH FIRST AID ACTION PLAN

In a mental health crisis, it is important to know the appropriate actions to take. This includes when one is experiencing panic attacks, suicidal thoughts and overdose or withdrawal from drug use.

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|---|---|
| **Action A** | Assess for risk of suicide or harm |
| **Action L** | Listen nonjudgmentally |
| **Action G** | Give reassurance and information |
| **Action E** | Encourage appropriate professional help |
| **Action E** | Encourage self-help and other support strategies |

*Source: Mental Health First Aid*