Why Mental Health First Aid?

Mental Health First Aid for Fire/EMS teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers’ and families’ lives, and the communities they serve.

A survey of 7,000 North American firefighters revealed 27% have struggled with substance use issues.

In 2017, 103 firefighters died by suicide; more than the 93 firefighters who died in the line of duty.

Who should take it:
- Firefighters
- EMS personnel
- Other first responders
- Family members of first responders

What it covers:
- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

The course will teach you how to apply the ALGEE action plan:
- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

Want to take the course?

Where: Rapids Volunteer Fire Company, Inc.
When: Sunday, August 18th; 8:00 am - 5:00 pm
Instructor: Melodie Kolmetz
Register: mjkscl@rit.edu

To find a course or contact an instructor in your area, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) or email Info@MentalHealthFirstAid.org.