

From: Tramaine Stevenson, Director of Program Development and Operations, National Council
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Subject: Listening nonjudgmentally, its ok to Ask for Help, observing Recovery Month

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NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID



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MENTAL HEALTH FIRST AID™
News and Updates



Mental Health First Aider eNews

This biweekly newsletter provides breaking news, updates and useful resources from Mental Health First Aid USA.

#IWILLLISTEN



#I WILL LISTEN

Now that September has arrived, we're moving on to the "L" in the Mental Health First Aid 5-step action plan: Listen nonjudgmentally. The National Alliance on Mental Illness' [I Will Listen campaign](#) reminds us that "three simple words can make a difference."

Learn more about [how to listen](#) and watch videos of others who have [made the promise](#) to listen.

Refer to your Mental Health First Aid manual page 14 (Adult) or page 24 (youth) to revisit some tips on how to listen to someone who might be experiencing a mental illness or addiction.



TRAINING & EVENTS



Interested in teaching Adult Mental Health First Aid? Join us in Omaha, NE for instructor training September 29-October 3! Learn how to get [certified as an instructor](#) and see other [training dates and locations](#).



FAST FACT



250,000 Mental Health First Aiders in the US

A year ago, there were 125,000 First Aiders in the US. In one year's time, we have doubled that number!



It's Ok to Ask for Help

As First Aiders, we want our friends, family, and peers to know that we are prepared to



listen and support them if they are in need. The Trevor Project reminds us that it's ok to [#AskForHelp](#). Check out their campaign [website](#) for empowering, first-person accounts of youth reaching out to friends, teachers, parents or counselors to show that it's ok to ask for help when you need it. We encourage you to [share](#) this idea with your community to let them know it's ok to [#AskForHelp](#).



September is Recovery Month!

For the last 25 years, communities and individuals across the country have joined together in September to observe [National Recovery Month](#) and to celebrate the journey and achievements of the millions of Americans who are in recovery from an addiction or mental illness. Did you know that last year, nearly 1 in 12 adults had an addiction and 1 in 5 had a mental illness? Check out this [infographic](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA) for the latest stats on mental health and substance use disorders in the US, and check out SAMHSA's Recovery Month [website](#) to learn how you can observe it in your community.



Did you know...

There may be a link between what we eat and our mental health? A [BBC article](#) explores recent evidence suggesting that "fatty, sugary diets are bad for the mind as well as the body...the result is a cascade of reactions in the brain that can eventually lead to depression." .
