



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®



MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES



Mental Health First Aid strengthens the safety net for communities, especially our rural communities. In rural communities it is often hard to access and utilize professional help, so getting our communities trained increases the number of people able to recognize fellow community members who are struggling and support them. For many people, having someone who cares and can listen and provide reassurance and information may be all that they need to resolve the problem or ease the challenge.”

— **Michele Pilon**
MHFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

In rural communities, there are significant challenges in accessing mental health care. Mental Health First Aid for Rural Communities helps adults acknowledge and begin to address those challenges, as well as to identify the many unique strengths that come from living in a community of supportive neighbors, friends, and families.

22.7%*

of people in non-metropolitan counties have experienced a mental health condition.

CHRONIC SHORTAGES*

of mental health professionals exist in rural areas, as mental health providers are more likely to practice in urban centers.

Approximately

1.8 MILLION*

adults living in rural areas reported having serious thoughts of suicide in the previous year.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The unique impact of mental health and mental health challenges on adults living in rural communities.
- Risk factors and protective factors specific to rural communities.
- Applying the MHFA Action Plan (ALGEE) in scenarios that reflect the rural community members' unique needs and experiences.
- National, regional and community mental health resources for rural communities.

WHO SHOULD TAKE IT

- Individuals who are a part of, connected to or support rural communities.

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.

GET CERTIFIED

Find a course at MentalHealthFirstAid.org

Contact us at: Hello@MentalHealthFirstAid.org