



# MENTAL HEALTH FIRST AID FOR FIRE & EMS



**North Country**  
HEALTH CONSORTIUM

In 2017,  
**103**  
firefighters  
died by suicide;  
more than the  
**93**  
firefighters who died  
IN THE LINE OF DUTY.  
*USA Today*

A survey of  
**7,000**  
North American  
firefighters revealed  
**27%**  
have struggled with  
SUBSTANCE USE ISSUES.  
*NBC Washington*

For more information regarding  
this North Country MHFA  
training, contact: Heidi Ballentine  
at [hballentine@nchcnh.org](mailto:hballentine@nchcnh.org) or  
call 603-259-1744.

## 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.

### WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Law Enforcement
- 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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) OR EMAIL [Info@MentalHealthFirstAid.org](mailto:Info@MentalHealthFirstAid.org).

## WANT TO TAKE THE COURSE?

**Where:** UNH Cooperative Extension - 629A Main Street Lancaster, NH

**When:** Thursday, September 12, 2019 from 8:30 AM - 5:00 PM

**Register Here:** <http://bit.ly/mhfa0912>



**MENTAL  
HEALTH  
FIRST AID®**