



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

49,000

people died by suicide in 2023

Source: American Foundation for Suicide Prevention

From 1999 to 2019, 841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly 1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

In Person at Southern Maryland Electric Cooperative (SMECO)

Dates/Times and Locations:

Thursday, June 4, 2026 | 8:00 am to 3:30 pm

SMECO Headquarters, 15035 Burnt Store Road, Hughesville, MD

Thursday, June 18, 2026 | 8:00 am to 3:30 pm

SMECO Leonardtown, 23365 Hollywood Road, Leonardtown, MD

Thursday, July 30, 2026 | 8:00 am to 3:30 pm

SMECO Headquarters, 15035 Burnt Store Road, Hughesville, MD

Where to Register:

MHFA@smeco.coop

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Kindly register as soon as possible. Please provide the names and contact information for all attendees.