



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

MENTAL HEALTH FIRST AID FOR OLDER ADULTS

GET CERTIFIED TODAY!

Mental Health First Aid Training

Teaches you how to identify, understand, and respond to signs of mental health illness and substance use disorders amongst older adults.

What It Covers:

- The unique impacts of mental health and substance use challenges on older adults.
- Risk factors and protective factors specific to older adults.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults.
- National, regional and community mental health resources for older adults and their caregivers.

Who Should Take It?

Individuals who are part of, connected to or support older adults and their families.

***Pre-work 1-hour self-paced online modules are **REQUIRED** to be completed before attending the In-person training!



1 IN 4*

Older adults have a mental health condition.

More than
1 MILLION*

adults age 65 and up had a substance use challenge.

Males aged 75 and over have a
HIGHER RATE OF DEATH BY SUICIDE*
than any other group.

*the original research for the displayed statistic is linked

FREE!

Mental Health First Aid Training ***In-Person***

REGISTER TODAY!

**TO REGISTER OR FOR MORE
INFORMATION:**

818-847-3955

Email: Iridian.Jimenez@Providence.org

**SCAN QR CODE
TO REGISTER**

