

MENTAL HEALTH FIRST AID FOR OLDER ADULTS

Why Mental Health First Aid?

Mental Health First Aid for Older Adults teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training — which focuses on the unique experiences and needs of adults over the age of 65 — 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.

About **15%** of adults aged 60 and over have A MENTAL DISORDER.

World Health Organization

More than **1 million** people aged 65 or older had a substance use DISORDER IN 2014.

Substance Abuse and Mental Health Services Administration

WHAT IT COVERS

- A discussion of life changes that occur in older adults.
- A discussion of the specific risk factors faced by older adults, such as chronic health conditions.
- How to discern the difference between talking about death and suicidal ideation.
- A breakdown of psychosis, dementia and delirium.
- How to communicate effectively with those who need help while using respectful language.
- How to combat the stigma around substance-related problems in the older adult population.

WHO SHOULD TAKE IT

- Families
- Caretakers
- Employers
- Nursing staff

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 OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?

Where: _____

When: _____

Register Here: _____



MENTAL
HEALTH
FIRST AID®