



## Mental Health First Aid: Military Members, Veterans, and their Families

While military service often fosters resilience in individuals and families, some service members may experience mental health or substance use challenges. Thirty percent of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health condition requiring treatment – approximately 730,000 men and women, with many experiencing post-traumatic stress disorder and major depression. Sadly, less than 50 percent of returning veterans in need receive any mental health treatment. The Veterans Administration reports that approximately 22 veterans die by suicide every day.

Mental Health First Aid is a valuable resource that can make a difference in the lives of the more than 22 million veterans, their families, and the communities they live in.

**When: Monday, March 26, 2018**

Time: 8:00am-5:00pm MT

Where: **Perkins County Health Services- (Board Room)**  
**900 Lincoln Ave**  
**Grant, NE 69140**

Cost: No cost to attend the training; but registration is required. A minimum number of participants is required for this training.

**Courtesy of Region II Human Services..**

### REGISTRATION:

**Please fill out the registration information below and email to Shannon at [shannonsell@r2hs.com](mailto:shannonsell@r2hs.com).**

If you have any questions, please call Shannon at 308-534-6029 ext. 152.

**Please register by Friday, March 23, 2018.**

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_



#### *ALGEE, the Mental Health First Aid 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*

Funding provided by grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



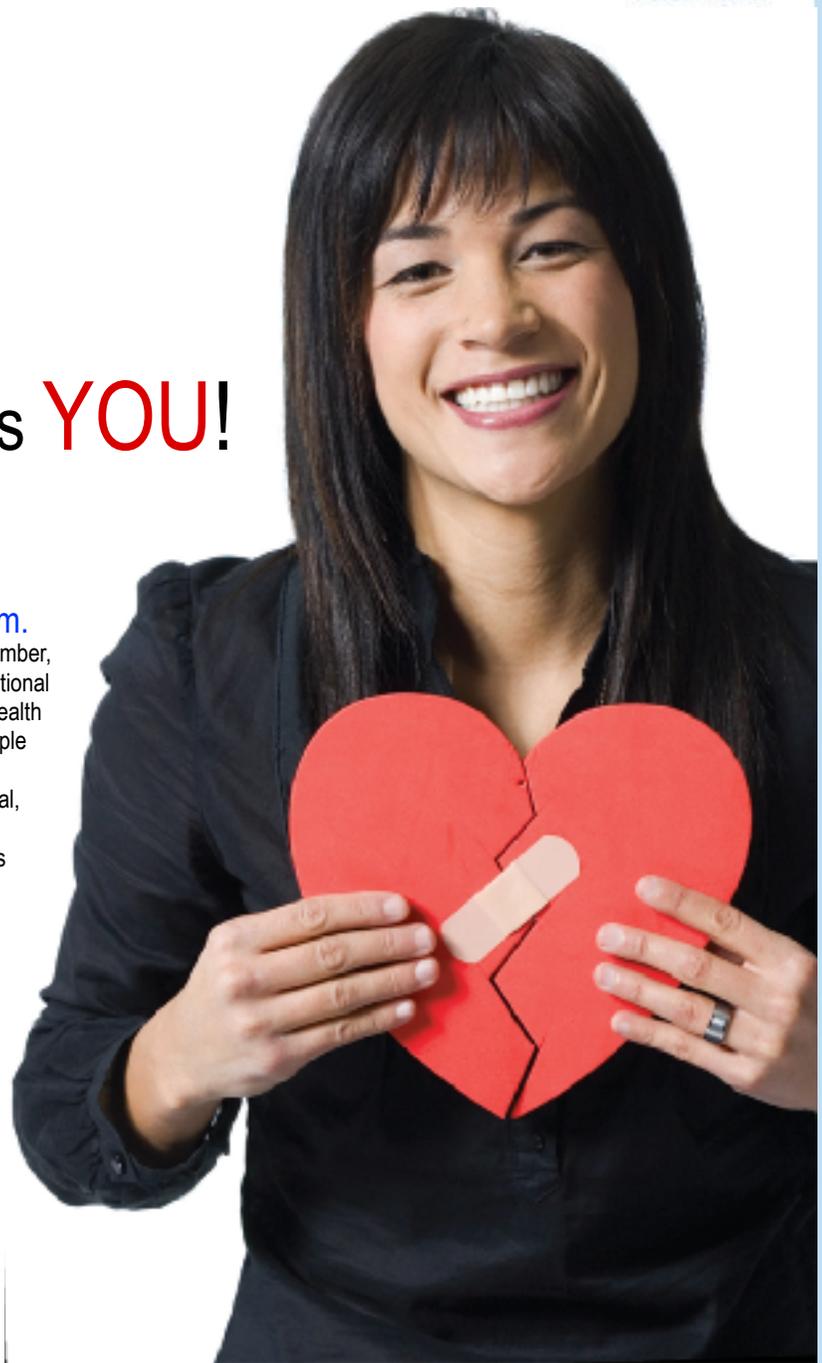
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.



*ALGEE, the Mental Health First Aid Action Plan*

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