



# MENTAL HEALTH FIRST AID FOR VETERANS

Nearly **1 in 4** active duty members showed signs of a MENTAL HEALTH CONDITION, according to a 2014 study.

*National Alliance on Mental Illness  
via JAMA Psychiatry*

**20**  
veterans die by  
SUICIDE EACH DAY.

*U.S. Department of Veterans Affairs*

About  
**18.5%**  
of service members  
returning from Iraq  
or Afghanistan have  
post-traumatic  
stress disorder  
(PTSD) OR DEPRESSION.

*Substance Abuse and  
Mental Health Services Administration*

## Why Mental Health First Aid?

Mental Health First Aid for Veterans, Military Members and their Families 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 appropriate care.

### WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

### WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans

### 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).



MENTAL  
HEALTH  
FIRST AID®

**“So many people are out there wishing for something better, hoping that help will show up. That’s what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place.”**

—Tousha Paxton-Barnes, U.S. Army Veteran