



**AGCMO**  
MISSOURI CHAPTER  
THE CONSTRUCTION ASSOCIATION



# MENTAL HEALTH FIRST AID TRAINING

PROVIDED FREE OF CHARGE THANKS TO AGCMO PLEDGE OF HOPE DONORS

## WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 6.5-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 them to connect with the appropriate care.

### Learn how to:

- assess for risk of suicide or harm
- listen and interact with a person in crisis
- identify common signs/symptoms of mental illness
- identify common signs/symptoms of substance abuse
- connect the person with help
- administer naloxone in the event of an opioid overdose

From 1999 to 2016

**630,000**

➤ people died from ◀  
**DRUG OVERDOSE**

*Center for Disease Control and Prevention*



Nearly **1** in **5** U.S. adults  
lives with a mental illness

*National Institute of Mental Health via the  
National Survey on Drug Use and Health  
(NSDUH) and the Substance Abuse and  
Mental Health Services Administration.*

**8:00 am - 2:00 pm**

### COLUMBIA

Columbia Safety & Supply

**JULY 14**

### KANSAS CITY

Ritchie Bros. Auctioneers

**JULY 28**

### SPRINGFIELD

Missouri Career Center

**JUNE 17**

### ST. LOUIS

Construction Training School

**JUNE 1**

**JUNE 22**

**JULY 21**

**JULY 22**



On average, there are

**123**

**SUICIDES PER DAY**

*American Foundation for  
Suicide Prevention*

## REGISTRATION

**BETH APPELBAUM**

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## QUESTIONS

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REGISTRATION DEADLINE: ONE WEEK PRIOR TO TRAINING DATE. INTERNET PRE-WORK REQUIRED.