



MENTAL  
HEALTH

## 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 abuse 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.



\*Sponsored by the LBHA board and Health Department

# MENTAL HEALTH FIRST AID FOR VETERANS



## WHO SHOULD TAKE IT

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

## WHY TAKE IT

- Nearly **1 in 4** active duty members showed signs of a **MENTAL HEALTH CONDITION**, according to a 2014 study
- **20 Veterans die by suicide each day**
- About **18.5%** of service members returning from Iraq or Afghanistan have **post-traumatic stress disorder or depression**

## 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 military personnel and their families such as mental and physical trauma, stress, separation etc.
- How to break down the stigma associated with substance abuse disorders and mental illnesses like anxiety, depression, post-traumatic stress disorders (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community research information and support.

## Want to take the course?

It's FREE but spaces are limited. Register online at <https://www.eventbrite.com/e/mental-health-first-aid-for-veterans-tickets-62825873880>

Location: Leidos Inc, 6841 Benjamin Franklin Dr, Columbia MD 21046  
Date: June 19th Time: 8:30am - 5pm