

Did you
know...?

On
average,
130
people die
by suicide
every day¹

From 1999
to 2021²
841,000
people died
from drug
overdoses²

In the U.S.,
nearly
1 in 5
people live
with a mental
illness³



ARKANSAS RURAL HEALTH PARTNERSHIP

Learn the signs of mental health and
substance use challenges among adults

Mental Health FIRST AID

ARHP offers **FREE** evidence-based training to educators and
staff (junior high through college).

THE TRAINING COVERS:

- ▶ Common signs and symptoms of mental health challenges.
- ▶ Common signs and symptoms of substance use challenges.
- ▶ How to interact with a person in crisis.
- ▶ How to connect a person with help.
- ▶ Expanded content on trauma, substance use and self-care.

Classes will be in-person and online/in-person.



FOR MORE INFORMATION, CONTACT:

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SOURCES: 1: American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/> - 2: Centers for Disease Control and Prevention. (n.d.) Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html> - 3: National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

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