



MENTAL HEALTH FIRST AID FOR OLDER ADULTS

Mental Health First Aid for Older Adults teaches a person how to assist and support older adults who may be experiencing a mental health or substance use challenge. Older Adults have a high rate of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

1 IN 4*

Older adults
have a mental
health
condition.

More than

1 MILLION*

adults age 65
and up had a
substance use
challenge.

Males aged
75+ have a

**HIGHER RATE
OF DEATH
BY SUICIDE***

than any
other group

**the original research for the displayed statistic is linked*

WHAT IT COVERS

- The unique impacts of mental health and substance use challenges on older adults.
- Risk factors and protective factors specific to older adults.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults.
- National, regional and community mental health resources for older adults and their caregivers.

WHO SHOULD TAKE IT

- Individuals who are a part of, connected to or support older adults and their families.

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

GET CERTIFIED

Date: May 13th & May 20th

Time: 10:00 am to 2:00 pm

Location: High Plains Community Center, Orange, CT.

Participants MUST attend BOTH sessions.

Registration is required.

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