

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR MILITARY, VETERANS, AND THEIR FAMILIES

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

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Military, Veterans, and their Families is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge.

This training specifically addresses the relevance of mental health to the military community, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.

Nearly
1 IN 4*
active duty members showed signs of a mental health condition.

The suicide rate for veterans is
57%
GREATER*
than non-veterans.

88%*
of veterans' caregivers report increased stress or anxiety.

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

REGISTER TODAY!

Delivery Format:
In Person

Date and Time:
Friday, December 4, 2026 - 8am - 4:30pm

Location:
TBA-will be announced by 11.30.2026 - Will be in City of Iola

Where to Register:
Contact: Angie Smith at 620-212-4404 or adsmith@sekmhc.org

Snacks and meal will be provided.

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.