



Mental Health Resources in Emergency Management

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Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

130

people die by suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,

841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly

1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT 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.

Learn how to respond with the Mental Health First Aid 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.

Learn More At:

<https://www.mentalhealthfirstaid.org/>

Upcoming Adult Mental Health First Aid Course:

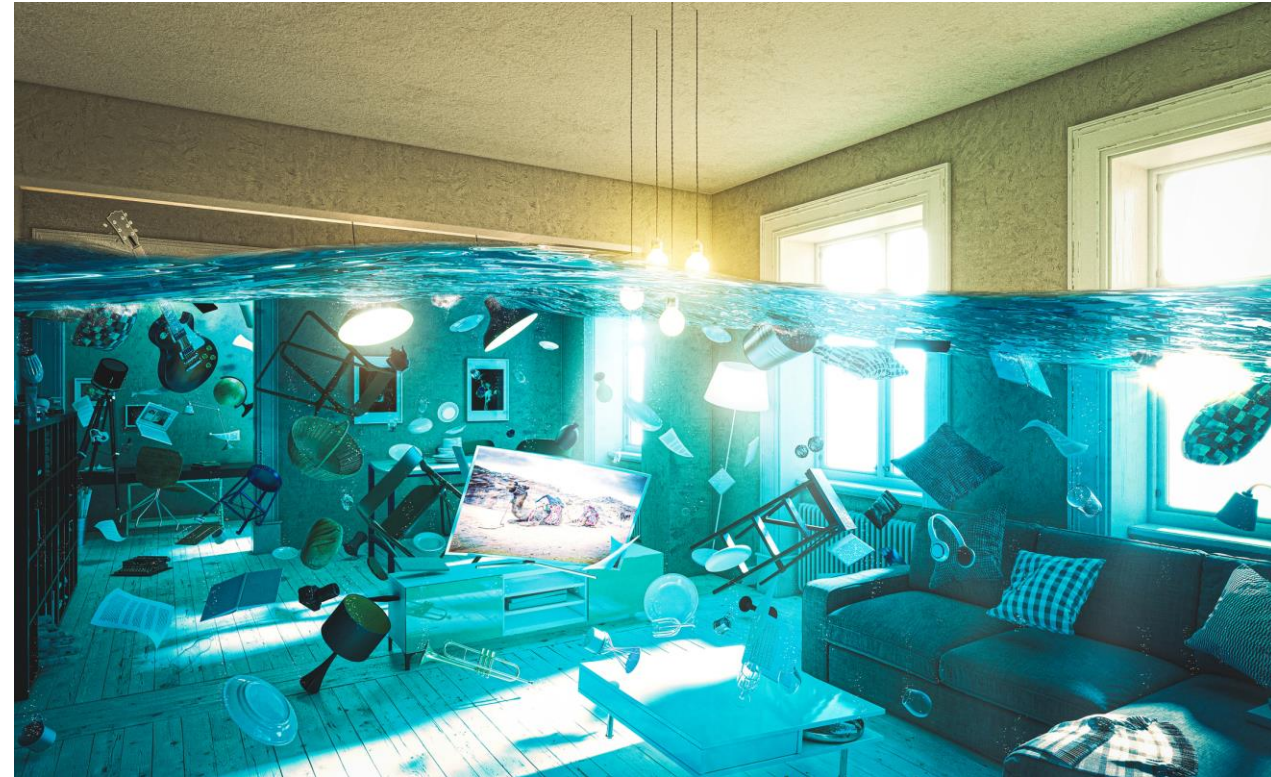
- October 25th 8am-4:30PM
- Location: VEM in Waterbury
- Collaboration with Washington County Mental Health Services
- In Person and Virtual Options
- Cost: FREE (Grant Funded)
- Register through the SOV Learning Management System (LMS)

Psychological First Aid (PFA)



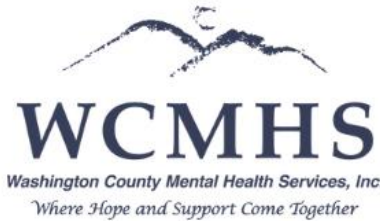
- Learn core actions and how to apply them in post-disaster scenarios and with different survivor needs
- 5-hour interactive online course
- Can be taken at any time and at your own pace
- Cost: FREE
- Learn More At: <https://learn.nctsn.org>

- SAMHSA DTAC prepares states, territories, tribes, and local entities to deliver an effective mental health and substance use-related response to disasters.
- Disaster Planning and Response Resources
- Online Training
- Podcasts and Videos
- Resource Center
- Learn More At:
<https://www.samhsa.gov/dtac>



Local Resources

Starting Over Strong
VERMONT



- Designated Agencies in each county
 - Crisis Counseling
 - Resources
 - <https://mentalhealth.vermont.gov/individuals-and-families/designated-and-special-services-agencies>
- Starting Over Strong Vermont
 - Recovery from natural and human caused disasters
 - <https://mentalhealth.vermont.gov/sosvt>

Other Resources

988 | SUICIDE & CRISIS
LIFELINE

If you need emotional support, reach out to the national mental health hotline: 988.

In Crisis?
Text VT to 741741


CRISIS TEXT LINE |

Free, 24/7, Confidential

Disaster Distress Helpline

En Español

The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

 **Call or text [1-800-985-5990](tel:1-800-985-5990).**

Español: Llama o envía un mensaje de texto [1-800-985-5990](tel:1-800-985-5990) presiona “2.”

For Deaf and Hard of Hearing ASL Callers: To connect directly to an agent in American Sign Language, click the "ASL Now" button below or call [1-800-985-5990](tel:1-800-985-5990) from your videophone. ASL Support is available 24/7. [FAQs for ASL NOW users.](#)

Questions?