

# Mental Health First Aid for Military, Veterans, and Their Families

## LEARN HOW TO SUPPORT YOUR VETERAN

The New Jersey Hospital Association, in partnership with the Mental Health Association of New Jersey, provides Mental Health First Aid (MHFA) courses that help veteran advocates, faith-based groups, education professionals and other community partners support our veterans, military personnel and their families. These courses are designed give laypeople the tools to identify, understand and respond to signs of mental health and substance use challenges among adults.

### REASONS TO PARTICIPATE

- The suicide rate for veterans is 57% greater than for non-veterans.
- Nearly 1 in 4 active-duty members show signs of mental health conditions.
- 88% of veterans' caregivers experience increased levels of stress and anxiety.

### WHAT IT COVERS

- The importance of mental health to the community of military, veterans and their families.
- Risk factors and protective factors specific to the community of military, veterans and their families.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed specifically for military, veterans and their families.
- National, regional and community mental health resources for service members, veterans and their families.

### AFTER THE COURSE, YOU'LL BE ABLE TO

- Recognize common signs and symptoms of mental health and substance use challenges
- Understand how to interact with a person in crisis
- Know how to connect a person with help
- Use self-care tools and techniques.

### WHO SHOULD TAKE IT

- Community-based organizations and individuals, veterans advocates and others who engage with the veteran and military communities, including service members, veterans and military families.

Date

Time

Location (In-person address or virtual location)

Where to Register (directed to MHANJ for sign up or by email [MHFA@NJHA.com](mailto:MHFA@NJHA.com))

