



**BE THE 1 IN 15!**



Mental Health  
**FIRST AID**

*from* NATIONAL COUNCIL FOR  
MENTAL WELLBEING

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# Mental Health First Aid

Is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.





# GOALS OF MHFA



- **Teach participants how to recognize a person who may be experiencing a mental health emergency and offer support and resources to that person in need**
- **Learn elements of suicide risk and how to ask about suicide**
- **Develop skills to engage and interact with persons who may be experiencing a mental health challenge**
- **Learn about resources to support those needing mental health services**
- **Self-care information**



**MENTAL HEALTH  
FIRST AIDERS DO  
NOT DIAGNOSE!**

# WHO SHOULD TAKE MHFA?

- Teachers
- Hospital Staff
- First Responders
- Faith Leaders
- Community Members
- Caring Individuals
- Everyone!



# LEARNING OPTIONS



## Virtual

2-hour, self-paced online class and then a 5-hour instructor led videoconference.



## Blended Learning

2-hour, self-paced online class and then a 4-hour in-person class.



## In-person

8-hour in-person class.



68,549



**LET'S MAKE MHFA AS  
COMMON AS CPR!**

**#Be1in15**

# SUICIDE PREVENTION

North Texas Behavioral Health Authority



# POLL QUESTION #1

**Have you ever asked someone if they were thinking about suicide?**

**What was that experience like?**

# **WHAT DO WE KNOW ABOUT SUICIDE AND PREVENTION?**

**It is a public health problem that is preventable.**

**Help and resources are available!**

**The majority of people that die by suicide are not under psychiatric care.**

**Survivors of suicide are at increased risk.**

**People with a history of trauma are at increased risk.**

**There are ways to decrease risk:**

**Treatment, coping skills, support system**

# RISK FACTORS



**Risk factors: Life experiences that could put someone at an increased risk in the future.**

- Trauma
- Stressful life events, abuse, survivor of suicide
- Chemical imbalance- Serious mental illness, substance abuse
- Medical conditions
- Medication side effects

# WARNING SIGNS

Current behaviors or events that could indicate suicide risk:

- Giving away possessions/money
- Changes in will or trusts
- Sudden changes: eating/sleeping habits, appearance, mood
- Substance abuse: use or increase
- Blunted affect/emotions
- Withdrawing from friends, family, or usual activities/interests

If a person is exhibiting warning signs, it is imperative to ask them about suicide directly. If someone is at immediate risk, they **should not be left alone.**

# POLL QUESTION #2

**TRUE OR FALSE**

**48,824  
Americans Died  
By Suicide in  
2024**

# POLL QUESTION #2 FOLLOW-UP

**True**

In the US in 2024:

48,824 died by suicide

2.9 million attempted suicide

Suicide is the 10th leading cause of death

Data retrieved 5/12/26 from: <https://www.save.org/learn/suicide-statistics/>

# TX DATA AND TRENDS

As of early 2026:

Initial data indicates that 4,490 people died by suicide in Texas in 2024, representing a rate of approximately 14.2 per 100,000 people.

In Dallas County, behavioral health and mental wellness are identified as top priorities due to worsening outcomes, with 60% of ZIP codes reporting an increase in poor mental health, according to the [2025 Dallas County Community Health Needs Assessment](#). [[1](#), [2](#)]

**Mental Health and Disability:** People with disabilities, particularly those with serious mental illness (SMI), are at a higher risk for suicidal ideation due to factors such as chronic pain, social isolation, and limited access to healthcare.

\*Data Source: USA Facts, 2025 Dallas County Community Health Needs Assessment, Research Gate, Healthy North Texas, Sciencedirect.com

\*\*Note: Data for 2023 and 2024 is often provisional as final vital statistics are reconciled.

# HOW CAN WE CREATE SUICIDE SAFER COMMUNITIES?



# PREVENTION EFFORTS:



## ZERO Suicide

**Zero Suicide is a national evidence-based framework to promote safer suicide care in behavioral health systems.**

**The foundational belief of the framework is that “suicide deaths for individuals under the care of health and behavioral health systems are preventable”.**

**The framework is divided into 7 elements:**

- **Lead, Train, Identify, Engage, Treat, Transition, Improve**

# PREVENTION EFFORTS: COMMUNITY EDUCATION

Mental Health First Aid  
(MHFA)

Applied Suicide Intervention  
Skills Training (ASIST)

Ask About Suicide (AS+K)

Counseling on Access to  
Lethal Means (CALM)



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# PREVENTION EFFORTS:



## **L.O.S.S.- Local Outreach to Suicide Survivors**

- **Suicide Postvention- Is also considered a form of prevention**
- **Services specifically for people that have lost someone in their life to suicide**
- **Resources and services are specific to our catchment area**
- **Team is a collaboration between Mental Health professionals and volunteers**

**Volunteers are survivors of suicide themselves, that undergo training**

# WHY LOSS TEAM IS IMPORTANT

Suicide grief is complex and different than other types of grief

Suicide loss and grief is traumatic

Survivors of suicide are at an increased risk of suicide themselves, due to the trauma

There is a lack of resources and knowledge about suicide loss

It is difficult for people to reach out on their own and ask for help because of:

- Guilt or shame
- Focused on needed arrangements
- Don't know they need help or help exists

# LOSS SERVICES

Support groups- Open and closed groups

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Peer support- From LOSS team volunteers

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Case management

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Link to mental health services

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Resource packets- email or mail

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Books/Literature on suicide grief- email or  
mail

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There is no cost for services

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# LOSS TEAM CONTACT

Please reach out to us to refer someone. Please provide contact number for survivor and any relevant information.

Please reach out if you are interested in volunteering

Phone: 972-482-1677

Email: [LOSSteam@ntbha.org](mailto:LOSSteam@ntbha.org)

[Asanders@ntbha.org](mailto:Asanders@ntbha.org)





# RESOURCES

**NTBHA 24/7 Crisis Line: 866-260-8000 or 844-672-5700**

[www.ntbha.org](http://www.ntbha.org)

**National Suicide Prevention Lifeline/988 Suicide and Crisis Lifeline: 1-800-273-TALK (8255) and 988 (24/7)**

**Veterans Crisis Line: 888-457-4838**

**American Foundation for Suicide Prevention:**  
<https://afsp.org>

**TX Health and Human Services:**  
<https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention>



**THANK YOU!**

Contact Info:  
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Get trained in **Mental Health First Aid**

