

MENTAL HEALTH FIRST AID MONTHLY NEWSLETTER



#BeTheDifference During COVID-19

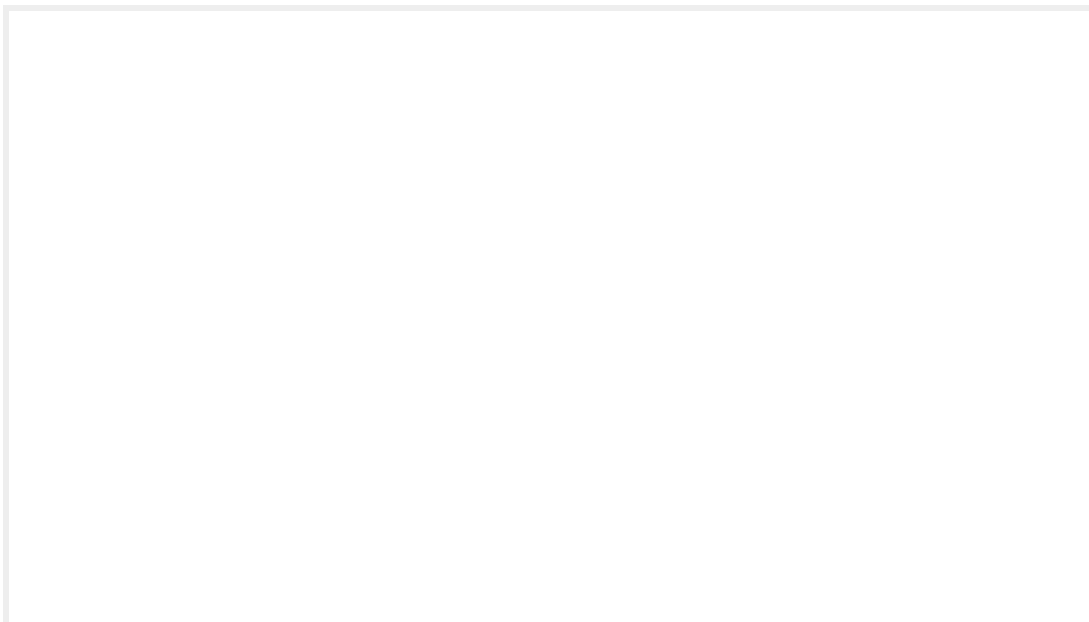
It is a time of uncertainty, and experts have cautioned about an increase in depression, substance use, PTSD and suicide among all populations. It's more important now than ever before to protect our mental health and well-being and support those around us.

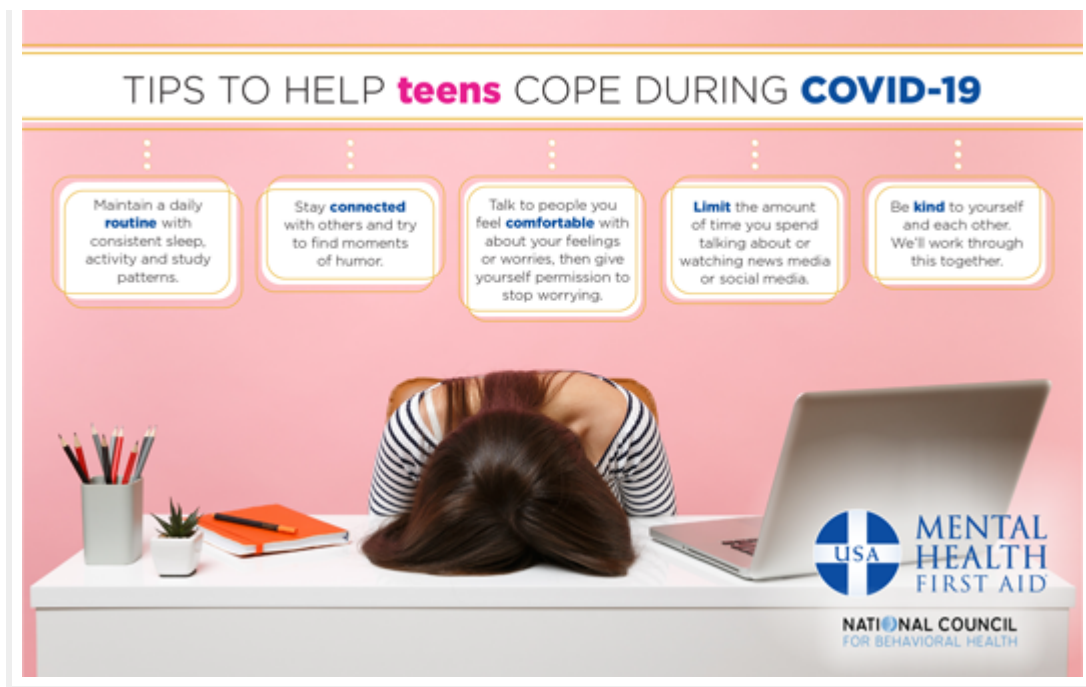
We have already shared resources to help you and your loved ones take care of your mental health during this difficult time. This month, we'll be focusing on content for people on the frontlines.

Health care workers, police officers, first responders and essential workers are just a few groups that are working countless hours to keep us safe and healthy. We will be sharing resources to help people in these groups take care of themselves too.

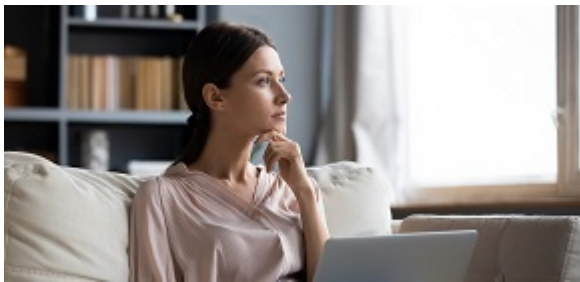
Keep an eye on our blog and social media channels for this content and more throughout the month. You can also share the infographic below and use the tips and resources to take care of your own mental health and support those around you during COVID-19.

We're sharing all of this on social media too - follow us on [Twitter](#) and [Facebook](#)!





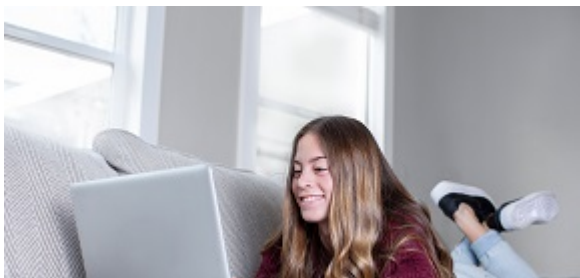
Tips from the Curriculum



How to Manage Your Mental Health When Feeling Stressed During COVID-19

This is a difficult time, with many people facing fear, worries and anxiety. There are ways to manage your symptoms and cope while physical distancing.

[Read more.](#)



Supporting Friends During COVID-19

It's hard not to see your friends at school or on weekends. But, you can still stay connected to them and support each other through this challenging time.

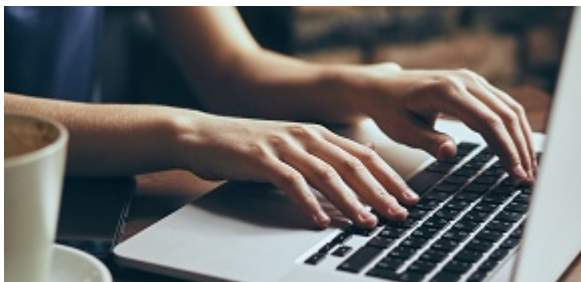
[Read more.](#)



How to Support a Loved One Going Through a Tough Time During COVID-19

COVID-19 is affecting families around the world. It's important to support one other, especially if your loved one may be facing a mental health concern.

[Read more.](#)



How I'm Using MHFA to Help My Community During COVID-19

Ashley, a MHFA Instructor, shares the moment COVID-19 became "real" for her family, and how she's using her training to be the difference for her community.

[Read more.](#)

ALGEE in the News



Companies are using MHFA to support their employees' mental health during this difficult time.

[Read more.](#)



Students in Los Angeles, Calif., learned about how to support their friends during difficult times with tMHFA.

[Read more.](#)



Students, staff and community members came together to take MHFA at Dickinson College.

[Read more.](#)

Thank you for choosing to #BeTheDifference, Mental Health First Aid USA



The [National Council for Behavioral Health](#) is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services. Together with our 3,326 member organizations serving over 10 million adults, children and families living with mental illnesses and addictions, the National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery. The National Council introduced [Mental Health First Aid USA](#) and 2 million Americans have been trained. For more information, please visit www.TheNationalCouncil.org.

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