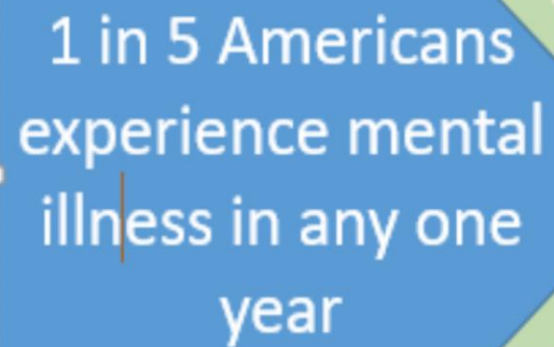


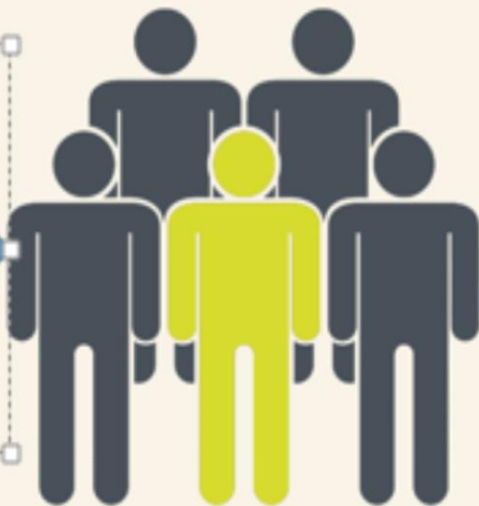


**Horizon**  
*Health and Wellness*





1 in 5 Americans  
experience mental  
illness in any one  
year



MENTAL  
HEALTH  
FIRST AID

PEOPLE WHO GET TREATMENT  
IN A GIVEN YEAR

**43%** of adults with  
mental illness

**64%** of adults with  
serious mental  
illness

**51%** of youth (6-17) with  
a mental health  
condition

# Suicide Prevention



**2<sup>nd</sup>**

Suicide is the 2<sup>nd</sup> leading cause of death for people ages 10-34



The overall suicide rate has increased 31% since 2001



Suicide is the 10<sup>th</sup> leading cause of death in the U.S.

**46%**

of people who die by suicide have a diagnosed mental health condition

**90%**

of people who die by suicide have experienced symptoms of a mental health condition

# Mental Health First Aid is an international training program where those trained in the program:

- ❖ Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- ❖ Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- ❖ Increase their confidence in and likelihood to help an individual in distress.
- ❖ Show increased mental wellness themselves



# **Horizon Health and Wellness Grant Plan**

## **Training Focus on Apache Junction stakeholders and residents**

- Apache Junction School Districts staff and students
- Charter Schools staff and students
- Boys and Girls Club staff and families
- First Responders
- City Officials
- Multi-Gen Center staff and members
- RV Park residents
- All Apache Junction residents upon request