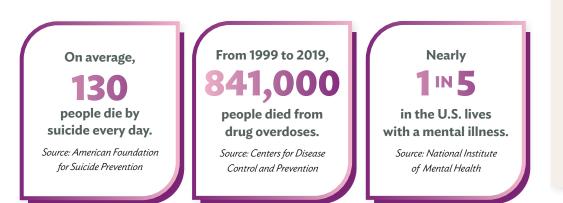


# MENTAL HEALTH FIRST AID

#### 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.



## 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.

#### **THREE WAYS TO LEARN**

- In-person (2nd Edition) Learners receive their training during a 7.5-hour, Instructor-led, in-person session.
- **Blended** Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

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.

#### Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. https://afsp.org/suicide-statistics/

Centers for Disease Control and Prevention. (n.d.) *Drug overdose* deaths. <u>https://www.cdc.gov/drugoverdose/deaths/index.html</u>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. https://www.nimh.nih.gov/health/statistics/mental-illness.