



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID



This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program.”

– **Nikki Carber**,
Speak Out Against Suicide

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

On average,

123

people die
by suicide
each day.

– American Foundation
for Suicide Prevention

From 1999 to 2016,

630,000

people died from
drug overdose.

– Centers for Disease Control
and Prevention

Nearly

1 IN 5

U.S. adults live with a
Mental Illness.

– National Institute of Mental Health
via the National Survey on Drug Use and
Health and the Substance Abuse and
Mental Health Services Administration

THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.



COURSE OBJECTIVES

The Virtual Mental Health First Aid Course (2 hours self-paced; 6.5 hours Instructor-led virtual) focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearance that show there might be a mental health challenge. Participants are taught an Action Plan that they apply to non-crisis and crisis situations. By the end of the course, participants will be able to:

- Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
- Identify the impact of mental health challenges on the well-being of adults in the U.S.
- Explain that recovery from a mental health challenge is possible.
- Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
- Explain the 5 steps of the MHFA Action Plan (ALGEE).
- Recognize the signs and symptoms of mental health challenges that may impact adults. Evaluate the impact of early intervention on mental health challenges.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health challenge.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows worsening signs of a mental health challenge.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) to crisis situations.
- Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.



VIRTUAL COURSE OUTLINE

MHFA Introduction: The 2-hour Mental Health First Aid Introduction consists of five learning segments. Participants take this course through the MHFA learning management system (LMS).

- **SEGMENT 1:** Overview of Mental Health First Aid.
- **SEGMENT 2:** Mental Health and Mental Disorders.
- **SEGMENT 3:** Role of the Mental Health First Aider and Self-care.
- **SEGMENT 4:** Common Mental Disorders in the U.S.
- **SEGMENT 5:** Recognizing Signs and Symptoms.



MHFA Skills Application: The Mental Health First Aid Skills Application portion of the course (5.5 hours in person; 6.5 hours virtual) consists of seven learning segments. Participants are eligible to take this portion of the course after completing the 2-hour Mental Health First Aid Introduction.

- **SEGMENT 1:** Welcome to Mental Health First Aid.
- **SEGMENT 2:** MHFA Self-paced Introduction Recap.
- **SEGMENT 3:** ALGEE: Mental Health First Aid Action Plan.
- **SEGMENT 4:** MHFA for Early Signs and Symptoms.
- **SEGMENT 5:** MHFA for Worsening Signs and Symptoms.
- **SEGMENT 6:** MHFA for Crisis Situations.
- **SEGMENT 7:** Self-care for the Mental Health First Aider.





¿POR QUÉ PRIMEROS AUXILIOS MENTALES?

De media, hay

123

SUICIDIOS DIARIOS

American Foundation for Suicide Prevention

Entre 1999 y 2016,

630.000

personas murieron de SOBREDOSIS

Centers for Disease Control and Prevention

Casi **1** de **5**

adultos en EEUU convive con una ENFERMEDAD MENTAL

*National Institute of Mental Health via the
National Survey on Drug Use and Health
(NSDUH) and the Substance Abuse and Mental
Health Services Administration*

¿Por qué primeros auxilios mentales?

Los primeros auxilios mentales te enseñan a **identificar, entender y responder a los signos de enfermedad mental y trastornos por abuso de sustancias**. Esta formación de 8 horas te capacitará para proporcionar apoyo inicial a personas que estén sufriendo problemas mentales o de abuso de sustancias y ponerlos en contacto con un profesional adecuado.

PARA QUIÉN ES

- Empleados
- Oficiales de policía
- Personal de hospital
- Primeros auxilios
- Guías espirituales
- Miembros de la comunidad
- Personal de cuidados

QUÉ TRATA

- Signos y síntomas comunes de enfermedad mental.
- Signos y síntomas comunes de abuso de sustancias.
- Cómo interactuar con personas en crisis.
- Cómo proporcionarle ayuda a la persona.
- **NUEVO:** Cómo administrar naloxone en caso de sobredosis de opiáceos.

El curso te enseñará a aplicar el plan de acción ALGEE:

- Evaluar el riesgo de suicidio o daño
- Escuchar sin juzgar
- Dar seguridad e información
- Animar a pedir ayuda profesional pertinente
- Fomentar la auto-ayuda y otras estrategias de apoyo

PARA ENCONTRAR UN CURSO O CONTACTAR CON UN INSTRUCTOR LOCAL, VISITA

www.MentalHealthFirstAid.org O ESCRIBE A Info@MentalHealthFirstAid.org.



“Este programa es un servicio de alta calidad para comunidades como la nuestra y estamos muy agradecidos de tener la oportunidad de participar en él”.

–Nikki Carber, *Speak Out Against Suicide*

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

MENTAL
HEALTH
FIRST AID®