







**Mental Health
FIRST AID**
from NATIONAL COUNCIL FOR
MENTAL WELLBEING




Prevent+Ed



PreventEd works to reduce or prevent the harms of alcohol and other drug use through education, intervention and advocacy.

 [MHFA.org](https://mhfa.org)

 **Mental Health FIRST AID**
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What we offer:

- MHFA
- YMHFA
- tMHFA



Aging Populations and Mental Health

Risk Factors:

- Loss of loved ones
- Children growing up and leaving home
- Juggling multiple roles
- Medications
- Change in living environment
- Loss of mobility
- Isolation
- Substance use



Mental Health Outcomes

- About 15% of adults aged 60 and over have a mental disorder. (WHO)
- More than 1 MILLION people aged 65 or older had a substance use disorder in 2014. (SAMHSA)



Mental Health First Aid

Mental Health First Aid is the initial help offered to a person developing a mental health or substance use challenge or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



What Participants Learn

- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** on depression, anxiety, trauma, psychosis and substance use.
- **A 5-step Action Plan** to help someone who is developing a mental health challenge or is experiencing a crisis.
- Available evidence-based professional, peer and self-help **resources**.

Mental Health First Aid Action Plan

- 1. **A**ssess for risk of suicide or harm.
- 2. **L**isten nonjudgmentally.
- 3. **G**ive reassurance and information.
- 4. **E**ncourage appropriate professional help.
- 5. **E**ncourage self-help and other support strategies.

Adult Curriculum Overview

First Aiders will learn 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 the Mental Health First Aider as well as 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.

Adult Curriculum Overview (cont.)

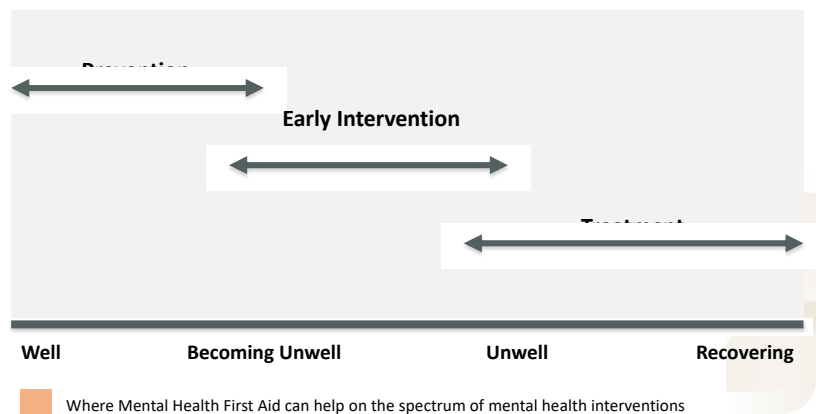
- **Evaluate the impact** of early intervention on mental health challenges.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health challenge.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) when a person shows worsening signs of a mental health challenge.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) in crisis situations.
- **Choose appropriate methods** for self-care following the application of MHFA in a crisis or non-crisis situation.

Youth Curriculum Overview

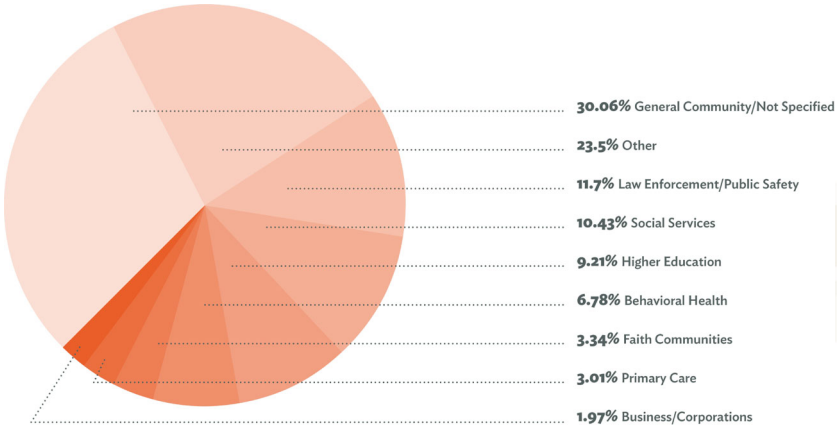
First Aiders will learn to:

- **Describe the purpose** of YMHA and the role of the Youth Mental Health First Aider.
- **Recognize the signs and symptoms** of mental health challenges that may impact youth.
- **Explain the impact** of traumatic experiences and the role of resilience on adolescent development.
- **Apply the appropriate steps** of the YMHA Action Plan (ALGEE) to non-crisis situations.
- **Apply the appropriate steps** of the YMHA Action Plan (ALGEE) to crisis situations.
- **Choose appropriate methods** for self-care following the application of YMHA in a crisis or non-crisis situation.

Where Mental Health First Aid Can Help



Who We're Reaching



Support For Mental Health First Aid

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents and even **international superstars** and **first ladies** love Mental Health First Aid.



Michelle Obama talks about the importance of Mental Health First Aid

In The News



June 25, 2020 | *US News & World Report*
[Tips for Overcoming Mental Exhaustion](#)



February 12, 2020 | *TIME*
[How Companies Teach Their Employees First Aid for Mental Health](#)



June 24, 2019 | *CNN*
[Why you should learn Mental Health First Aid](#)



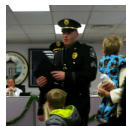
May 20, 2019 | *Today*
[Mental Health First Aid Kid: Lady Gaga is Working on High School Program to Reduce Stigma](#)



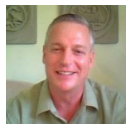
Mental Health First Aid Works



"In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real-life situation." - **Rick Denton, Peer Support Specialist**



"On a daily basis, we're presented with people dealing with mental illness. Every day, this training will be beneficial." - **Sgt. Steven Parkinson, Police Officer**



"I've taken regular first aid, and I've used both, but certainly the opportunities to use Mental Health First Aid are much more abundant." - **Nathan Krause, Pastor**



Mental Health First Aid's Expenses



MANUALS — Each participant manual for the Mental Health First Aid course costs **\$18.95**.



BLENDED/VIRTUAL MHFA SEAT — The cost per First Aider in a blended or virtual MHFA course is **\$23.95**. This cost includes access to a digital manual and the course content.



SUPPLIES — The cost of supplies for one Mental Health First Aid course is approximately **\$75**. Supplies include pens, paper, markers and other office supplies necessary for the teaching of the course material.



ONE NEW FIRST AIDER — The total cost of training one new Mental Health First Aider is **\$170**.



ONE NEW INSTRUCTOR — The cost of training one new instructor is **\$2,200**. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.

Find or Host a Course

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

GET TRAINED - BE AN INSTRUCTOR - IMPACT - ABOUT MHFA -

Get Trained

- What You Learn
- Programs
- Adult (AVAILABLE IN SPANISH)
- Youth (AVAILABLE IN SPANISH)
- Teen
- Public Safety
- Fire / EMS
- Workplace
- Veterans
- Older Adults
- Rural
- Higher Education

Sign Up For A Class Near You

FIND A COURSE

Identify. Understand. Respond.

Mental Health First Aid is a skills-based training course that teaches how to recognize and substance-use issues.

COMEDY CENTRAL

do alone.

MHFA.org

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Find a Course or Instructor near you:
www.MentalHealthFirstAid.org

