





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

Mental Health First Aid: What's it all about?


Katie Weathermon

What's Wrong

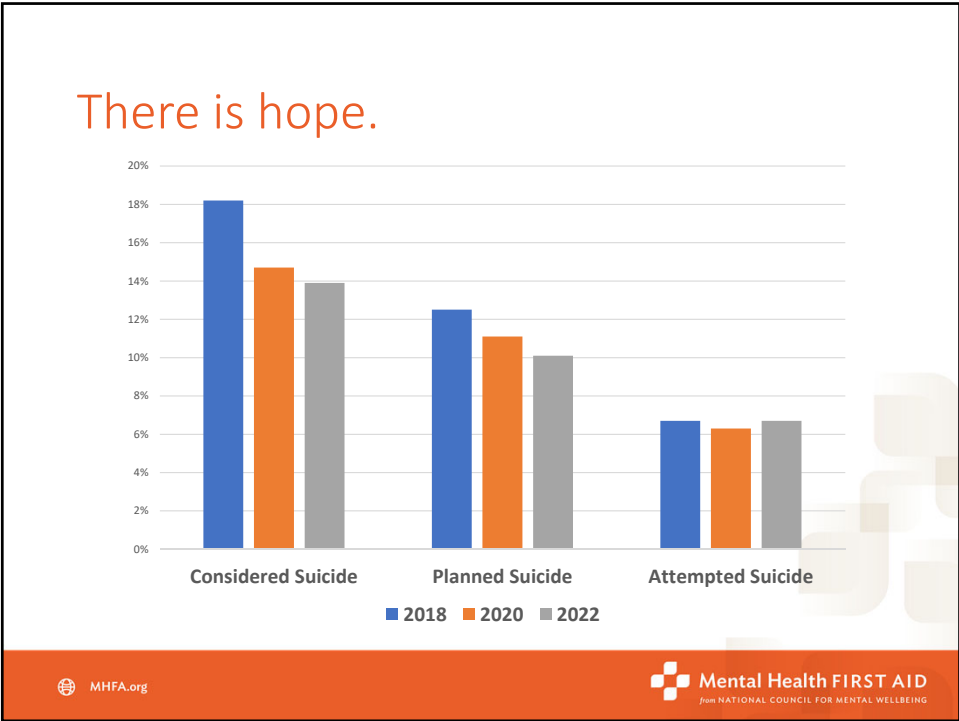
- Half of all lifetime cases of mental illness begin by age 14
- 2012-2018, each survey showed an increase in youth seriously considering suicide
 - 13.0% -> 13.3% -> 16.6% -> 18.2%
- 10-year median delay
- 5,300- experience mental health disorder



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Our Response

So, how do we identify, understand and respond to signs of substance use and mental health challenges?

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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

-  **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.

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.)

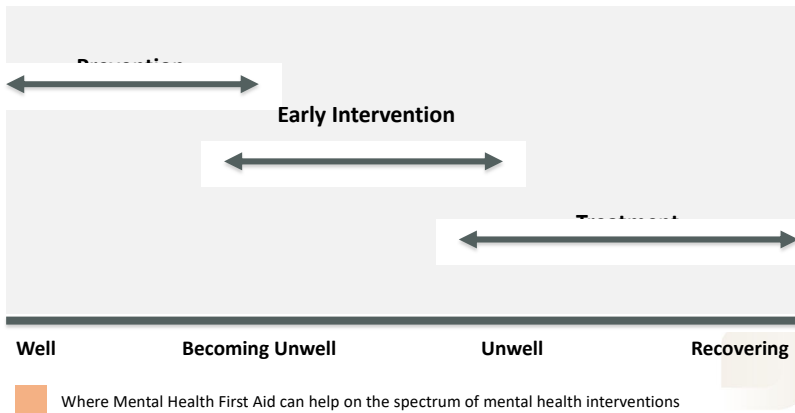
- **Evaluate the impact** of early intervention on mental health challenges.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health challenge.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) when a person shows worsening 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

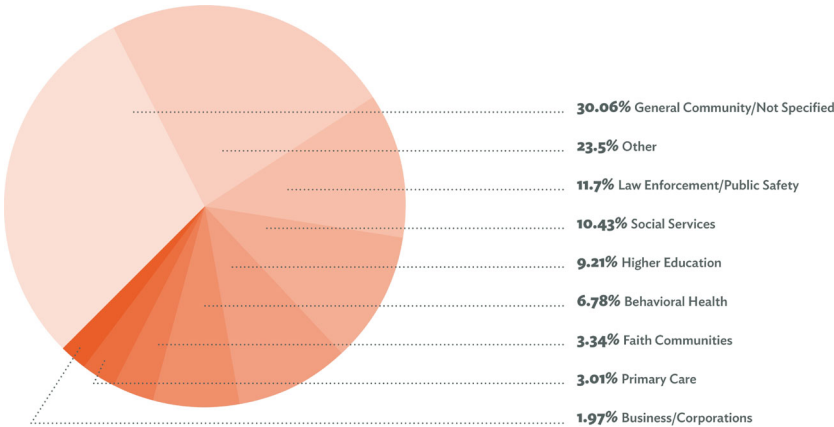
First Aiders will learn to:

- **Describe the purpose** of YMHFA 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 YMHFA Action Plan (ALGEE) to non-crisis situations.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to crisis situations.
- **Choose appropriate methods** for self-care following the application of YMHFA 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.

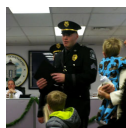


Michelle Obama talks about the importance of Mental Health First Aid

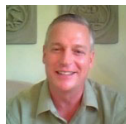
Mental Health First Aid Works



"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

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

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... and substance-use issues.

COMEDY CENTRAL

do alone.

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Find a Course or Instructor near you:
cpozarks.org/mentalhealth



What can you do right now?



Healthy Reminders

- Reach out
- Spend some time outside
- Recognize your own triggers
- Acknowledge your feelings
- Seek professional help if you need it.

Warning Signs

Seek immediate help if someone shows warning signs:

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. This includes
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

*****Be aware of significant changes—
in their behavior, appearance, feelings, etc.*****

How to Help

- Look for changes in behavior, feelings, interest in activities, etc.
- Genuinely tell them what you've noticed and let them know that you care about them
- Give information about resources (and offer to go with if that would help)

Resources

National Suicide Prevention Lifeline

- 1-800-273-8255
- 988

Text Crisis Line

- 741-741

Local Mental Health Resources

- [Cpozarks.org/mentalhealth](https://cpozarks.org/mentalhealth)

Questions?

Email: prevention@cpozarks.org

