



Skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge

Similar to physical First Aid and CPR, MHFA helps you to provide assistance until professional assistance is obtained or the crisis is resolved.



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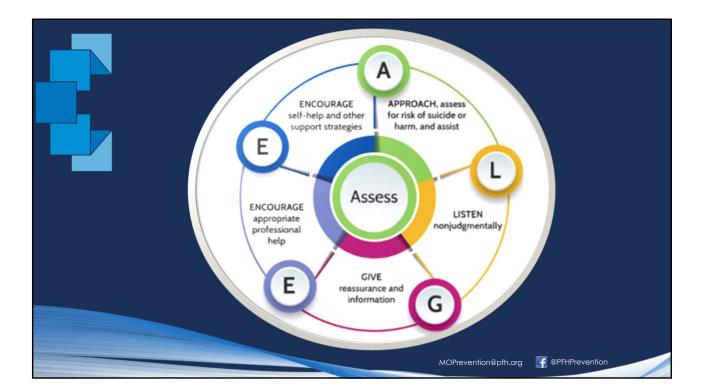
# What does MHFA teach?

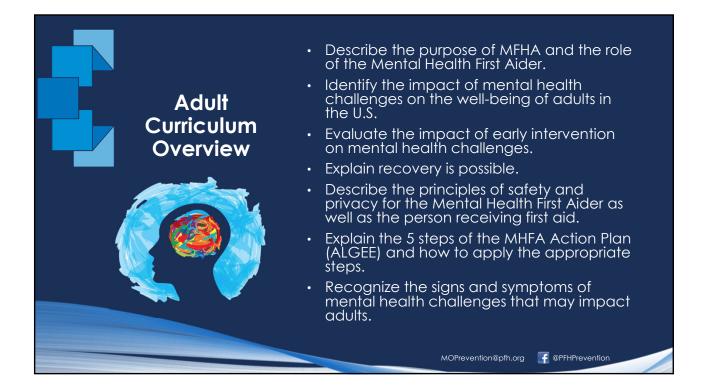
- Risk factors and warning signs of mental health and substance use challenges.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- Available evidence-based professional, peer and selfhelp resources.

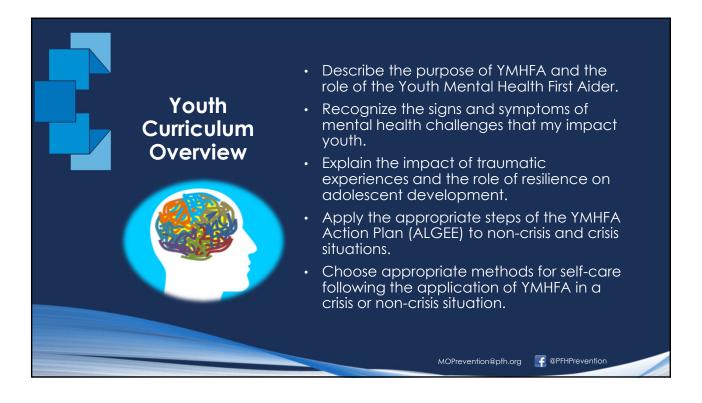
### 5-step Action Plan (ALGEE)

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

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## How do we know MHFA is effective?

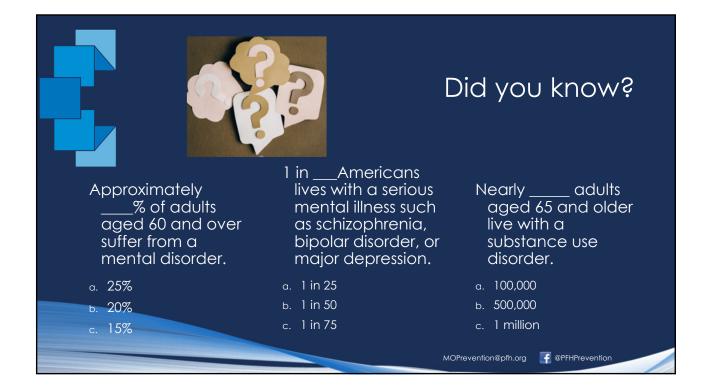
### Individuals trained in MHFA:

- Expand their knowledge of signs, symptoms and risk factors of mental health and substance use challenges.
- Can identify appropriate types of professionals and self-help resources.
- Have increased confidence in and likelihood to help an individual in distress.
- Show increased mental wellbeing themselves.



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#### Adult

Is appropriate for anyone 18 years of age and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem.

## Mental Health First Aid

#### Teen

Teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

### Youth

Teaches adults how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis.

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# Training Options

### MHFA (Adult)

- All in-person 7.5 hrs
- \*Blended/In-Person 5.5 hrs
- \*Blended/Virtual 5.5

\*Blended trainings require 2 hours of self-paced pre-work prior to the instructor led portion of the training

### Youth MHFA

- All in-person 6.5 hrs
- \*Blended/In-person 4.5 hrs
- \*Blended/Virtual 4.5 hrs



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