



## What is Mental Health First Aid?

**Mental Health First Aid** is an 8-hour training course designed to give members of the public key skills to help someone developing a mental health problem or experiencing a mental health crisis.

Much like CPR training helps provide basic medical training to assist an individual experiencing a medical emergency like a heart attack, Mental Health First Aid training helps community members assist someone experiencing a mental health crisis.

Participants learn a **5-step action plan to recognize and respond** to challenges and crises and receive a **three-year national certification** upon completion.

Nearly  
**1 IN 5**  
U.S. adults lives 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

From 1999 to 2016,  
**630,000**  
people died from  
drug overdose.  
– Centers for Disease Control  
and Prevention

On average,  
**123**  
people die  
by suicide  
each day.  
– American Foundation  
for Suicide Prevention



## Course Details:

**Mental Health First Aid** certification, which must be renewed every three years, provides trainees with the ability to:

- Recognize the potential risk factors and warning signs for various mental health problems, including depression, anxiety/trauma, psychosis, and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

Like CPR, **Mental Health First Aid is for everyone.**



## 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

## Who Should Take It?

- Teachers, school staff, and administrators of all levels
- Caregivers & family groups
- School board member & district employees
- Faith leaders
- First Responders
- Community members



## 4 Ways Mental Health First Aid Supports Community Wellness at School



*Reduces stigma.*



Increases employee + community member mental health and substance use literacy.



Increases the likelihood that employees + community members will reach out to someone facing a mental health or substance use challenge.



Trains staff + community members on how to connect a distressed person with the appropriate resources in accordance with school policies.

### Core Curriculums Offered:

- **Mental Health First Aid / (For all adults)**  
Appropriate for anyone 18 years and older who wants to learn how to help a person experiencing a mental health-related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.
- **Youth Mental Health First Aid / (For adults working with adolescents)**  
Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) experiencing a mental health or addiction challenge or crisis.



## Training Options:

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online class and then participate in a 5.5-hour, Instructor-led videoconference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced class, First Aiders will participate in a 4-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will participate in an 8-hour, Instructor-led, in-person course.

## Training Details:

- Training accommodates up to 30 participants.
- Virtual and Blended Training require 1 to 2 weeks for mandatory self-paced online coursework.
- In-Person training include the cost of Participant Manuals and Processing Guides, Instructor travel, and accommodations.