

Getting the Word Out: Practical Skills for Mental Health First Aid



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Objectives

- What is Mental Health First Aid
- Why Mental Health First Aid
- Impact of Mental Health First Aid on Communities

What is MHFA?

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

What is MHFA?

- Began in 2001 in Australia
- Now in 15 countries including: England, Scotland, Finland, Canada, Cambodia, Hong Kong, Northern Ireland, Wales, China, Japan, Nepal, New Zealand, South Africa, Sweden, Thailand, and Singapore
- Started in United States in 2009

The 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

ALGEE

Assess for risk of suicide or harm

- Ask the person directly
 - Are you having thoughts of suicide?
 - Are you thinking about killing yourself?
- Ask the person if he or she has a plan

Listen Nonjudgmentally

- Respect the person
- Show empathy
- Be attentive
- Keep eye contact
- Be at the same level

Give Reassurance and Information

- Treat the person with respect and dignity
- Offer emotional support
- Provide practical help
- Be aware of resources in the area
- Offer information

Encourage Appropriate Professional Help

- Psychiatrist
- Therapist
- Doctors
- Social workers, counselors or other mental health professionals

Encourage Self-help & other Support Strategies

- Exercise
- Relaxation or Meditation
- Peer Support Groups
- Self-help books
- Family, Friends, Faith
- Other social networks

Why Mental Health First Aid?

- Mental health problems are common
- Stigma is associated with mental health problems
- Many people are not well informed about mental health problems
- Professional help is not always immediate
- People often do not know how to respond
- People with mental health problems often do not seek help

Course Content

- Mental health problems overview
- Depression
- Anxiety Disorders
- Psychosis
- Substance Use Disorders
- Eating Disorders
- First Aid for mental health crises

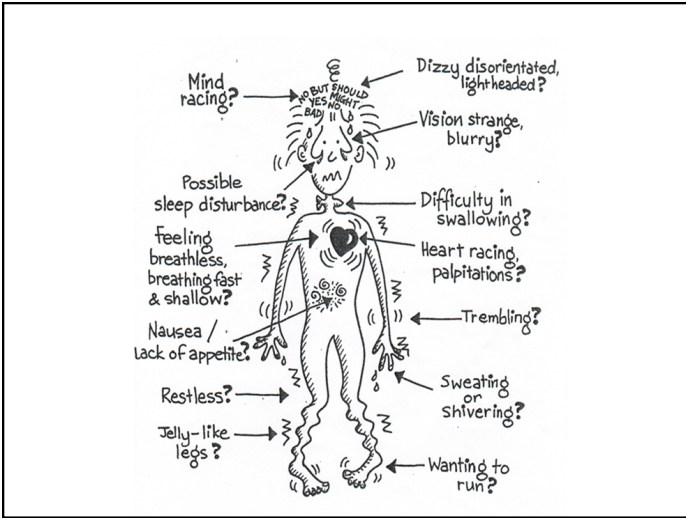
Session 1

- What is Mental Health First Aid?
- Mental Health Problems in the United States
- Mental Health First Aid Action Plan
- Understanding Depression
 - *Suicidal Behavior*
 - *Depressive Symptoms*

Session 2

- Mental Health First Aid Action Plan
 - *Nonsuicidal Self-Injury*
- Understanding Anxiety Disorders
- Mental Health First Aid Action Plan
 - *Panic Attacks*
 - *Traumatic Events*
 - *Anxiety Symptoms*





Session 3

- Understanding Psychotic Disorders
- Mental Health First Aid Action Plan
 - Acute Psychosis
 - Aggressive Behavior
 - Psychotic Symptoms
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
 - Overdose
 - Withdrawal
 - Substance Use Disorders

Session 4

- Understanding Eating Disorders
- Mental Health First Aid Action Plan
 - Acute Crisis
 - Eating Disorder Symptoms
- Using Your Mental Health First Aid Training

Course Content

- 12 hours, achieve a 3 year certification
- Activities
 - Bubbles
 - Group exercises
- Interaction
 - Recovery position
 - Play dough
- Videos
- Worksheets
- Workbook

Impact of MHFA

- Evidenced based
- Will be as common as CPR/First Aid
- Decreased stigma
- Community collaboration

Mental Health First Aid USA



For More Information:

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