



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

COURSE OVERVIEW

Mental Health First Aid is an early intervention public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services.

Mental Health First Aid was created in Australia in 2000 by Betty Kitchener, an educator and mental health consumer, and Professor Tony Jorm, a mental health researcher. In 2008, the National Council, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health brought Mental Health First Aid to the United States.

A number of Mental Health First Aid USA courses and manuals have been developed to suit the needs of specific populations within the United States. The courses are designed to teach people how to approach, assess, and assist a person who may be in the early stages of developing a mental health challenge or in a mental health crisis.



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COURSE OBJECTIVES

The Mental Health First Aid course focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearance that show there might be a challenge rather than on a specific disorder. You will learn an action plan to apply to non-crisis and crisis scenarios. By the end of the course, participants will be able 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 United States.
- Explain that recovery from a mental health challenge is possible.
- Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving Mental Health First Aid.
- Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
- Recognize the signs and symptoms of mental health challenges that may impact adults.
- 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) to crisis situations.
- Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.

COURSE OUTLINE

MHFA Introduction: The 2-hour Mental Health First Aid Introduction consists of five learning segments. Participants take this course through the MHFA learning management system (LMS).

SEGMENT	TOPIC
1	Overview of Mental Health First Aid.
2	Mental Health and Mental Disorders.
3	Role of the Mental Health First Aider and Self-care.
4	Common Mental Disorders in the U.S.
5	Recognizing Signs and Symptoms.

MHFA Skills Application: The Mental Health First Aid Skills Application portion of the course is composed of seven learning segments led by an Instructor. Participants may take the Instructor-led session in a virtual or in-person format after they complete the 2-hour Mental Health First Aid Introduction.

SEGMENT	TOPIC
1	Welcome to Mental Health First Aid.
2	MHFA Self-paced Introduction Recap.
3	ALGEE: Mental Health First Aid Action Plan.
4	MHFA for Early Signs and Symptoms.
5	MHFA for Worsening Signs and Symptoms.
6	MHFA for Crisis Situations.
7	Self-care for the Mental Health First Aider.

SKILLS APPLICATION SEGMENT BREAKDOWN

Segment 1: Welcome to Mental Health First Aid

- Introductions
- Welcome to Mental Health First Aid
- Review Course Agenda and Course Objectives
- Participant Icebreaker
- Tasks and Materials Check-in
- Learning Agreement
- Parking Lot

Segment 2: Mental Health First Aid Self-Paced Recap

- Recap Activity: Part 1
- Recap Activity: Part 2
- Recap Activity: Part 3

Segment 3: ALGEE: Mental Health First Aid Action Plan

- Mental Health First Aid Action Plan
- A: Assess
- A: Approach and Assist
- L: Listening Nonjudgmentally
- G: Giving Reassurance and Information
- E1: Encourage Appropriate Professional Help
- E2: Encourage Self-help and Other Support Strategies,

Segment 4: MHFA For Early Signs and Symptoms

- Importance of Early Intervention
- Recognizing Early Signs and Symptoms
- Video: Substance Use Scenario
- Scenario

Segment 5: MHFA For Worsening Signs and Symptoms

- Delaying Treatment Worsens Outcomes
- Recognizing Worsening Signs and Symptoms
- Video: Substance Use Scenario
- Scenario

Segment 6: MHFA For Crisis Signs and Symptoms

- What is a Crisis?
- Crisis Situations: Safety, Your Role, De-escalation Strategies
- Types of Crisis Situations
- Panic Attacks, Video: “The New Job,”
- Aggressive Behaviors
- Traumatic Events
- Nonsuicidal Self-injury
- Medical Emergencies
- Suicidal Thoughts and Behaviors
- Video: Suicide Warning Signs
- Substance Use Crisis
- Severe Psychotic States
- Video: Severe Psychotic State
- Scenario

Segment 7: Self-care for the Mental Health First Aider

- Privacy
- Anonymizing a Situation
- Self-care for Adults
- Self-care Action Plan: Revisit,