

Mental Health First Aid

Community Reach Center

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COMMUNITY
REACH
CENTER

What is Mental Health First Aid Training?

Did you know that nearly 1 in 5 U.S. adults experience a mental illness each year, and more than 1 in 20 U.S. adults have serious thoughts of suicide each year?

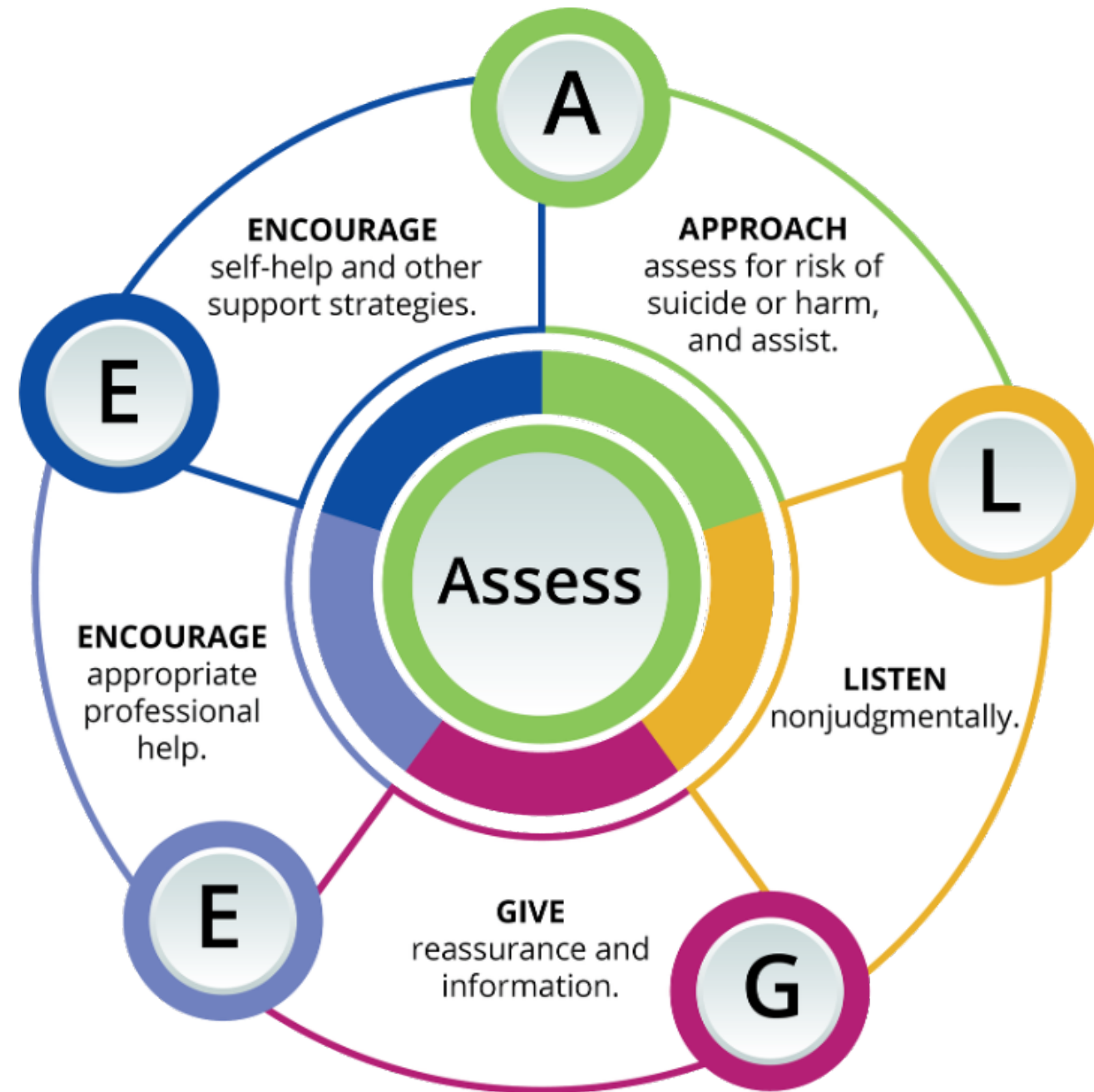
- Mental Health First Aid (MHFA) teaches people **how to recognize** signs of mental health and substance use challenges, start a supportive conversation, and connect someone with appropriate help.
- Originally developed in **Australia in 2000**, MHFA was created around a simple idea: just as people learn first aid for physical health emergencies, we can learn how to respond when someone is experiencing a mental health challenge.

Learning Agreement

- Challenge by choice.
- Minimize distractions.
- Maintain confidentiality.
- Don't judge.
- Be curious.
- Listen.
- Participate.
- Be present.
- Respect each other.
- Prioritize self-care.
- Have fun.



The MHFA Action Plan (ALGEE)



Action A: Assess for Crises

Types of Crisis Situations

Immediate Crisis	May Become a Crisis
Medical Emergency	Panic Attack
Suicidal Thoughts and behaviors	Aggressive Behaviors
Severe effects of alcohol or drug use (substance use crisis)	Substance Misuse
Severe psychotic state	Following a traumatic event
	Nonsuicidal self -injury



Approach and Assist in a Noncrisis Situation

- Plan to talk **privately** about your concerns at a mutually convenient time and in a place free of distractions.
- Be aware that a person **may not open up** to you until they are sure that you care.
- A person **may downplay** what they are going through to avoid upsetting you, or they may not recognize there is a problem.
- Let the person know you are ready when they are. **Do not put pressure** on them to talk right away.

Encourage Appropriate Professional Help



**Medical
doctors**



**Advanced
practitioners**



Psychologists



**Social
workers**



**Counselors and
therapists**



**Crisis support
specialists**



**Substance use
professionals**



**Certified peer
specialists**



Action E1: Types of Professional Treatment

Individual therapy



Meetings between just the adult and therapist.

Family therapy



Meetings with spouse, parents, children, or other family members involved in the adult's life.

Group therapy



Meetings involving a group of adults with similar diagnoses and one or two therapists.

Medication



Psychiatric medications may reduce or eliminate the negative effects of a mental health disorder.

Rehabilitation programs



Help people regain skills and confidence to live and work more successfully in their communities.

Important of Early Intervention

Early intervention refers to recognizing the warning signs of a mental health or substance use challenge and acting before it becomes worse.

Early intervention **helps to prevent symptoms from becoming more serious** and reduces the risk of secondary effects of mental health or substance use challenges, such as:

- Job losses.
- School dropouts.
- Relationship breakups.
- Arrests or problems with the law.
- Drug and alcohol challenges.

Crisis: Suicide

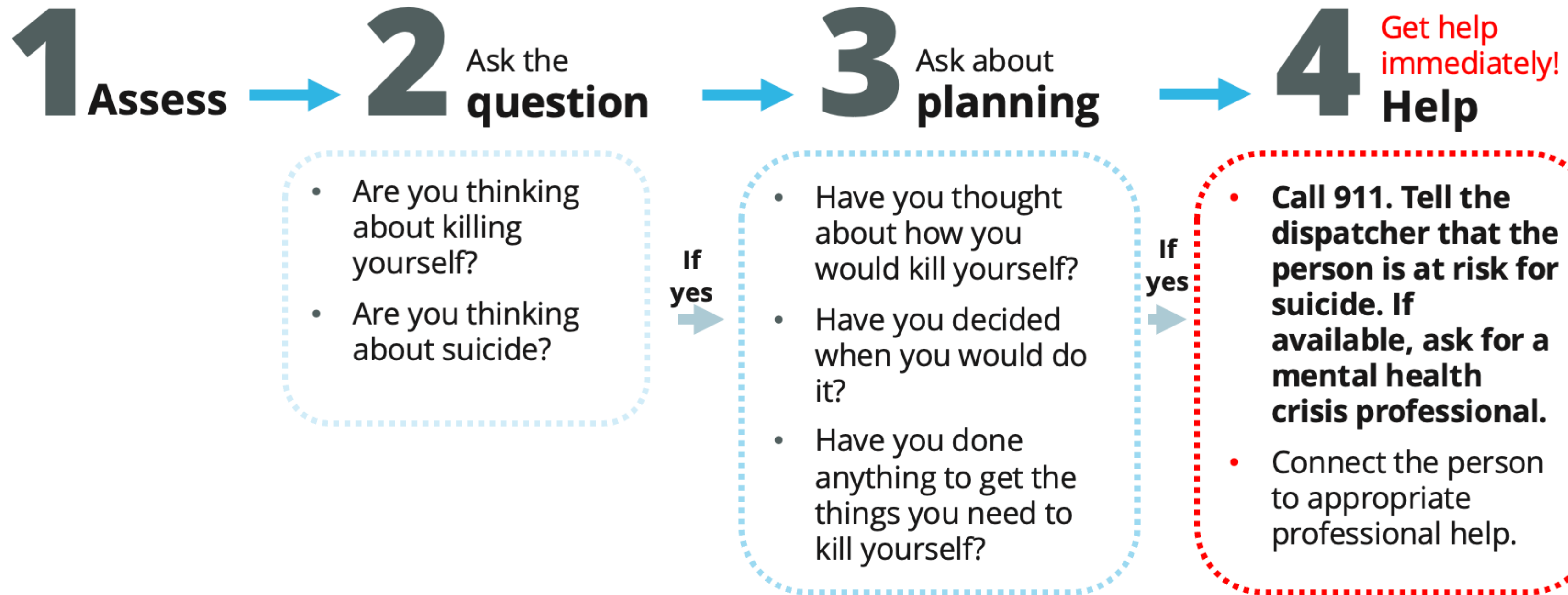
How to approach:

- Speak in a calm, nonaccusatory manner.
- Appear confident, like a duck on a pond — calm on the surface but “paddling hard” internally to determine next actions.
- Try to understand how the person feels from their point of view.
- Encourage the person to express their feelings.
- Be empathetic and focus on your concern for the person's wellbeing.
- Instill hope by asking about long -term plans or goals and letting the person know that the feeling doesn't last forever.

Key Actions:

- If you don't feel as though you can keep the individual or yourself safe, get help immediately.
- Connect the individual to a professional.

Crisis: Suicide Risk Assessment



Be Ready to Make a Difference

Mental health challenges can happen anywhere —to a friend, coworker, family member, or someone in your community.

Learn how to recognize the signs, start the conversation, and offer support when it matters most.

→ Take a FREE Mental Health First Aid Class

- No previous mental health experience is required.
- Build practical skills you can use in your everyday life.

Find an upcoming class & register:

[*https://www.communityreachcenter.org/mhfa*](https://www.communityreachcenter.org/mhfa)

-class -schedule/

CRC and Our Community

Our reach extends beyond our locations. CRC connects with communities across the region through accessible services, partnerships, outreach and community engagement.

