



**Mental Health**  
**FIRST AID**

*from* NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# Mental Health First Aid

## Overview

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# What's Wrong

Suicide rates increased steadily over the past 2 decades before decreasing from 2018 to 2019 (1). In 2019, suicide was the 10th leading cause of death in the United States—accounting for 47,511 deaths overall. Suicide is a significant cause of premature death because it is the second leading cause of death among people aged 10–14, 15–24, and 25–34.

National Center for Health Statistics. Health, United States, 2021: Figure 1. Hyattsville, MD. 2020-2021. Available from: <https://www.cdc.gov/nchs/hus/data-finder.htm>.

# That's Not All...

According to the Oklahoma State Department of Mental Health and Substance Abuse Services dashboard, in the last three months the top mental health primary problems are Depression, Emotional maladjusted disturbances, and Anxiety/Panic related issues.

- Depression (14,298)
- Emotional (13,189)
- Emotional Maladjusted Disturbances (8,776)
- Anxiety/Panic (7,271)

OSDMHSAS, (2023). Mental Health Primary Problems. Retrieved March 29<sup>th</sup>, 2023 from [Mental Health Based Dashboard \(looker.com\)](#)

# Our Response

So, how do we identify, understand and respond to signs of substance use and mental health challenges?

# Mental Health First Aid

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



# What Participants Learn

- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** on depression, anxiety, trauma, psychosis and substance use.
- **A 5-step Action Plan** to help someone who is developing a mental health challenge or is experiencing a crisis.
- Available evidence-based professional, peer and self-help **resources**.

# Mental Health First Aid 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.

# Adult Curriculum Overview

## First Aiders will learn 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 U.S.
- **Explain that recovery** from a mental health challenge is possible.
- **Describe the principles** of safety and privacy for the Mental Health First Aider as well as the person receiving first aid.
- **Explain the 5 steps** of the MHFA Action Plan (ALGEE).
- **Recognize the signs and symptoms** of mental health challenges that may impact adults.



# Adult Curriculum Overview (cont.)

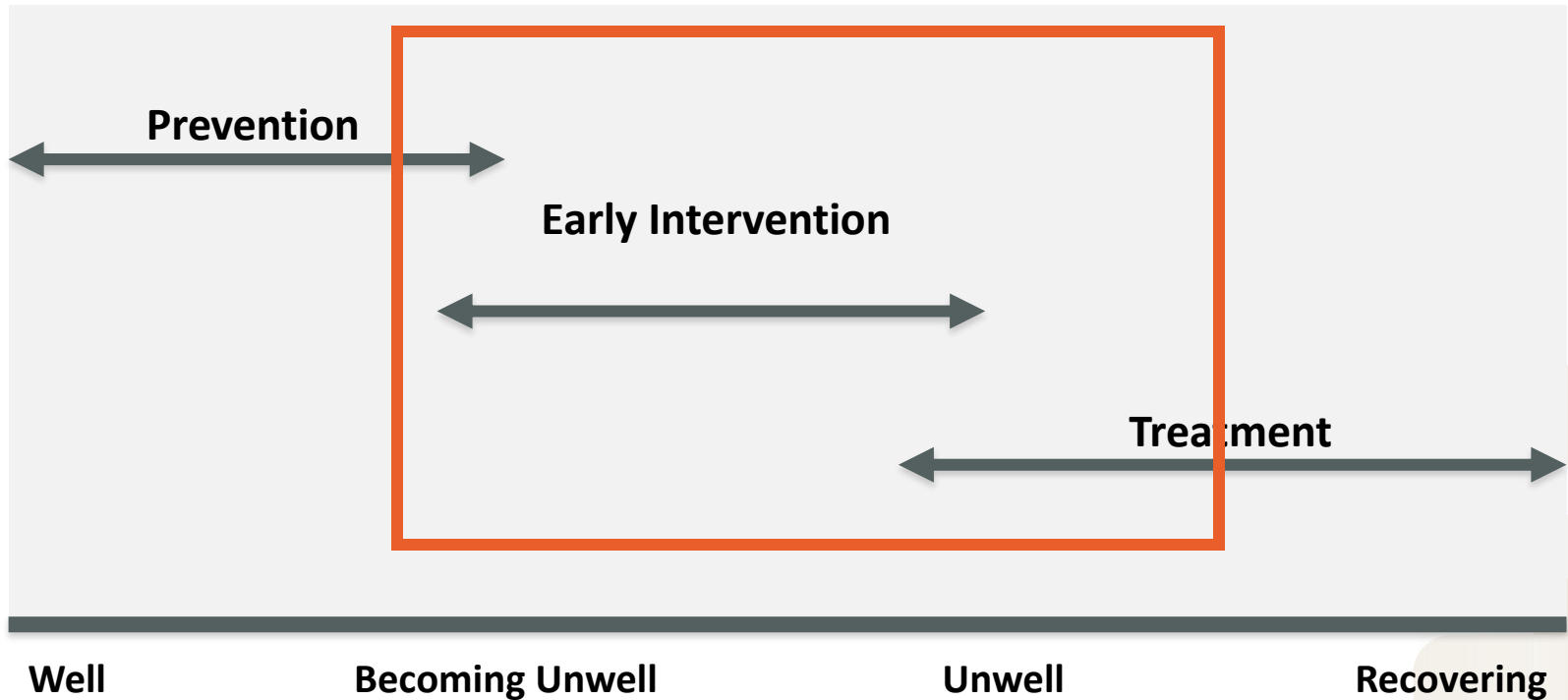
- **Evaluate the impact** of early intervention on mental health challenges.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health challenge.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) when a person shows worsening signs of a mental health challenge.
- **Apply the appropriate steps** of the MHFA Action Plan (ALGEE) in crisis situations.
- **Choose appropriate methods** for self-care following the application of MHFA in a crisis or non-crisis situation.


# Youth Curriculum Overview

## First Aiders will learn to:

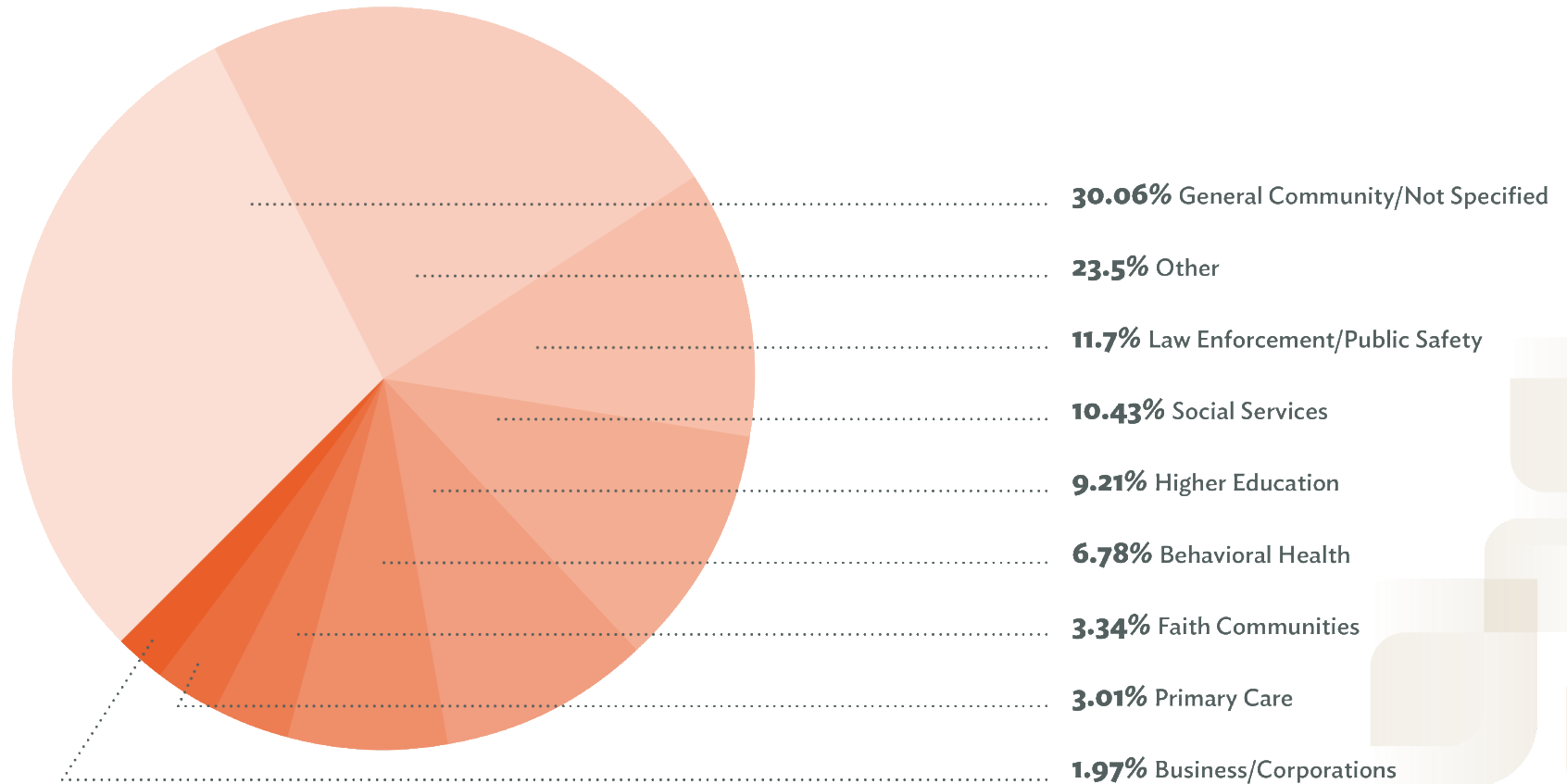
- **Describe the purpose** of YMHFA and the role of the Youth Mental Health First Aider.
- **Recognize the signs and symptoms** of mental health challenges that may impact youth.
- **Explain the impact** of traumatic experiences and the role of resilience on adolescent development.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to non-crisis situations.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to crisis situations.
- **Choose appropriate methods** for self-care following the application of YMHFA in a crisis or non-crisis situation.

# Where Mental Health First Aid Can Help



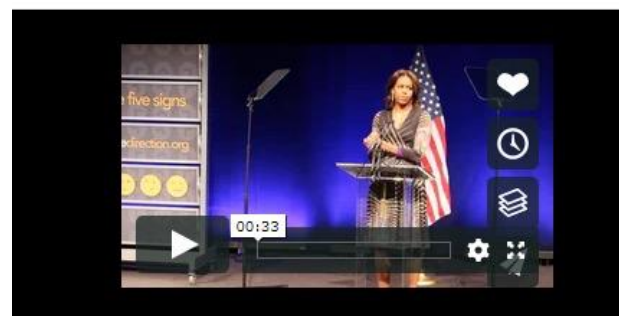
 Where Mental Health First Aid can help on the spectrum of mental health interventions

# Who We're Reaching



# Support For Mental Health First Aid

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents and even **international superstars** and **first ladies** love Mental Health First Aid.



Michelle Obama talks about the importance of Mental Health First Aid

# In The News



June 25, 2020 | *US News & World Report*  
[Tips for Overcoming Mental Exhaustion](#)



February 12, 2020 | *TIME*  
[How Companies Teach Their Employees First Aid for Mental Health](#)



June 24, 2019 | *CNN*  
[Why you should learn Mental Health First Aid](#)



May 20, 2019 | *Today*  
[Mental Health First Aid Kid: Lady Gaga is Working on High School Program to Reduce Stigma](#)

# Mental Health First Aid Works



“In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real-life situation.” - ***Rick Denton, Peer Support Specialist***



“On a daily basis, we’re presented with people dealing with mental illness. Every day, this training will be beneficial.”  
- ***Sgt. Steven Parkinson, Police Officer***



“I’ve taken regular first aid, and I’ve used both, but certainly the opportunities to use Mental Health First Aid are much more abundant.” - ***Nathan Krause, Pastor***

# Mental Health First Aid's Expenses



**MANUALS** — Each participant manual for the Mental Health First Aid course costs **\$18.95**.



**BLENDED/VIRTUAL MHFA SEAT** — The cost per First Aider in a blended or virtual MHFA course is **\$23.95**. This cost includes access to a digital manual and the course content.



**SUPPLIES** — The cost of supplies for one Mental Health First Aid course is approximately **\$75**. Supplies include pens, paper, markers and other office supplies necessary for the teaching of the course material.



**ONE NEW FIRST AIDER** — The total cost of training one new Mental Health First Aider is **\$170**.



**ONE NEW INSTRUCTOR** — The cost of training one new instructor is **\$2,200**. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.



# Find or Host a Course



So do alone.  
LEARN



- Get Trained
- What You Learn
- Programs
  - Adult (AVAILABLE IN SPANISH)
  - Youth (AVAILABLE IN SPANISH)
  - Teen
  - Public Safety
  - Fire / EMS
  - Workplace
  - Veterans
  - Older Adults
  - Rural
  - Higher Education
- Sign Up For A Class Near You
- FIND A COURSE**

## Identify. Understand. Respond.

Mental Health First Aid is a skills-based training course that teaches mental health and substance-use issues.



**Find a Course or Instructor near you:**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)