



MENTAL
HEALTH
FIRST AID™

www.MentalHealthFirstAid.org

Expanding Knowledge and Compassion

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National Council for Behavioral Health

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Georgia Supportive Housing Association Conference

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

**NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH**
MENTAL HEALTH FIRST AID
Healthy Minds. Strong Communities.

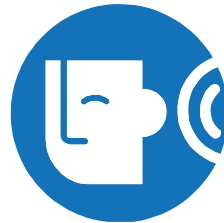


“I was able to save a life.”

Capt. Joseph Coffey

I approached Mental Health First Aid with typical police skepticism....but now I am convinced my Mental Health First Aid training helped me readily assess the woman's mental state and quickly identify her suicidal condition.

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



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FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID

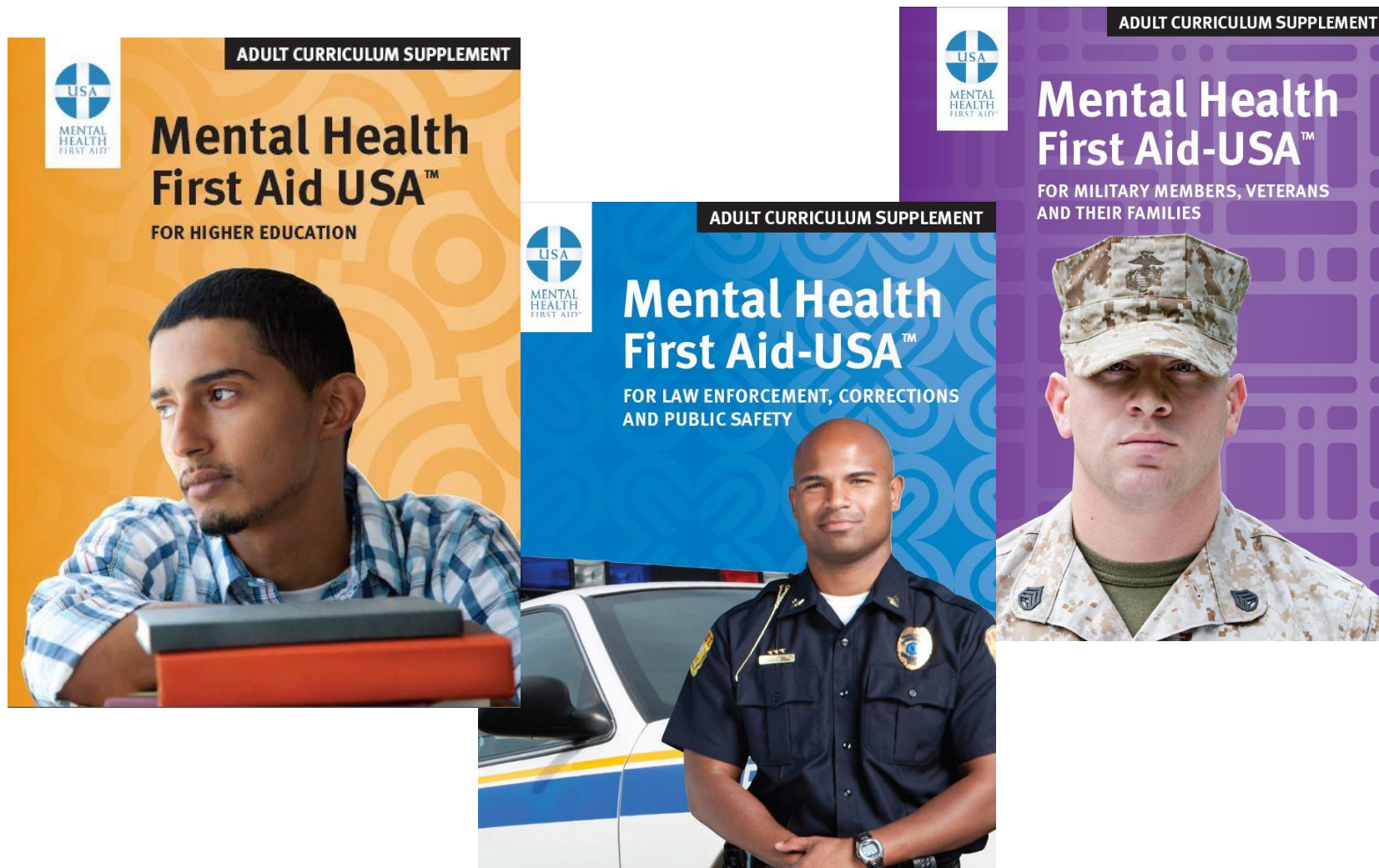
Healthy Minds. Strong Communities.



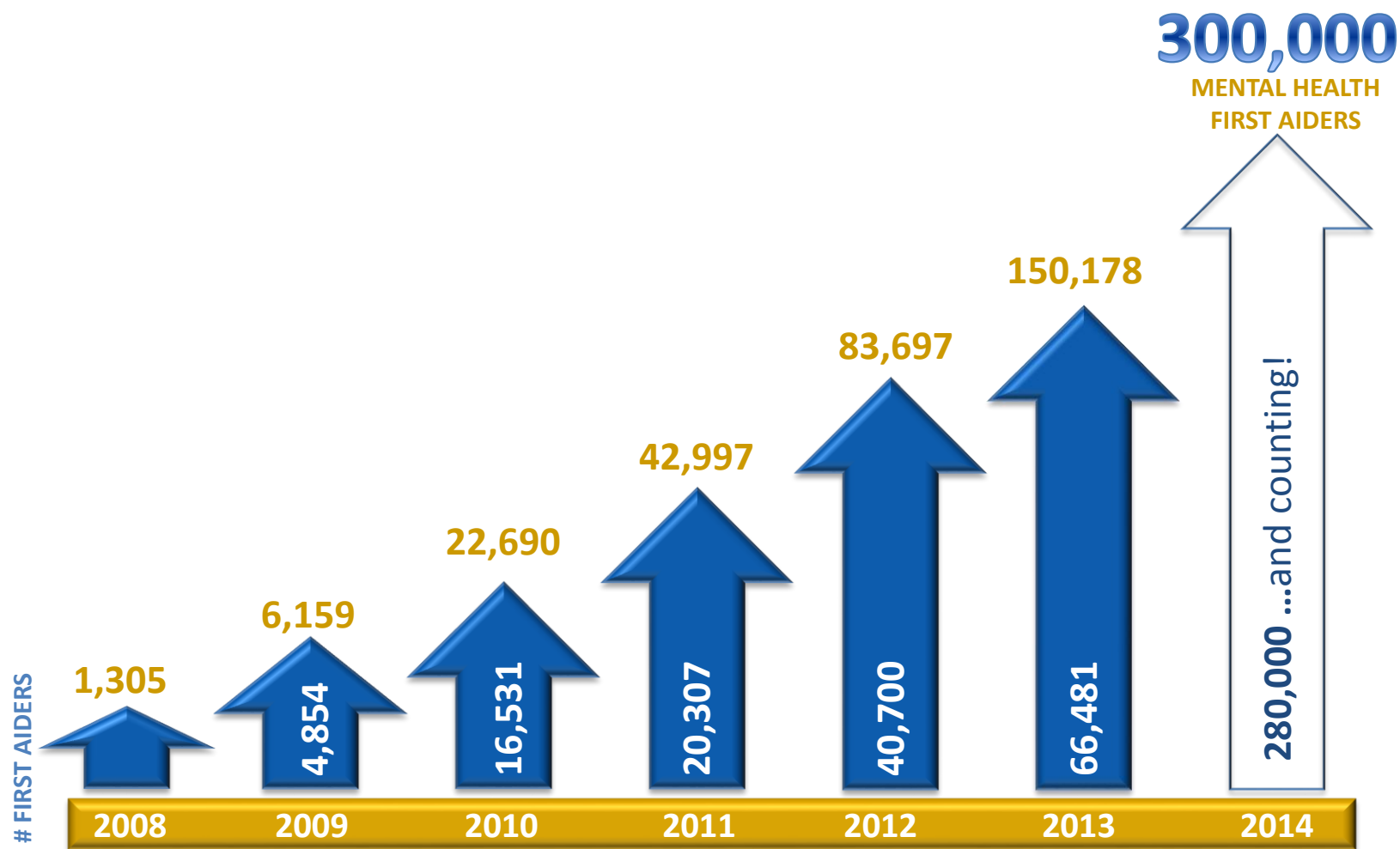


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Mental Health First Aid Modules

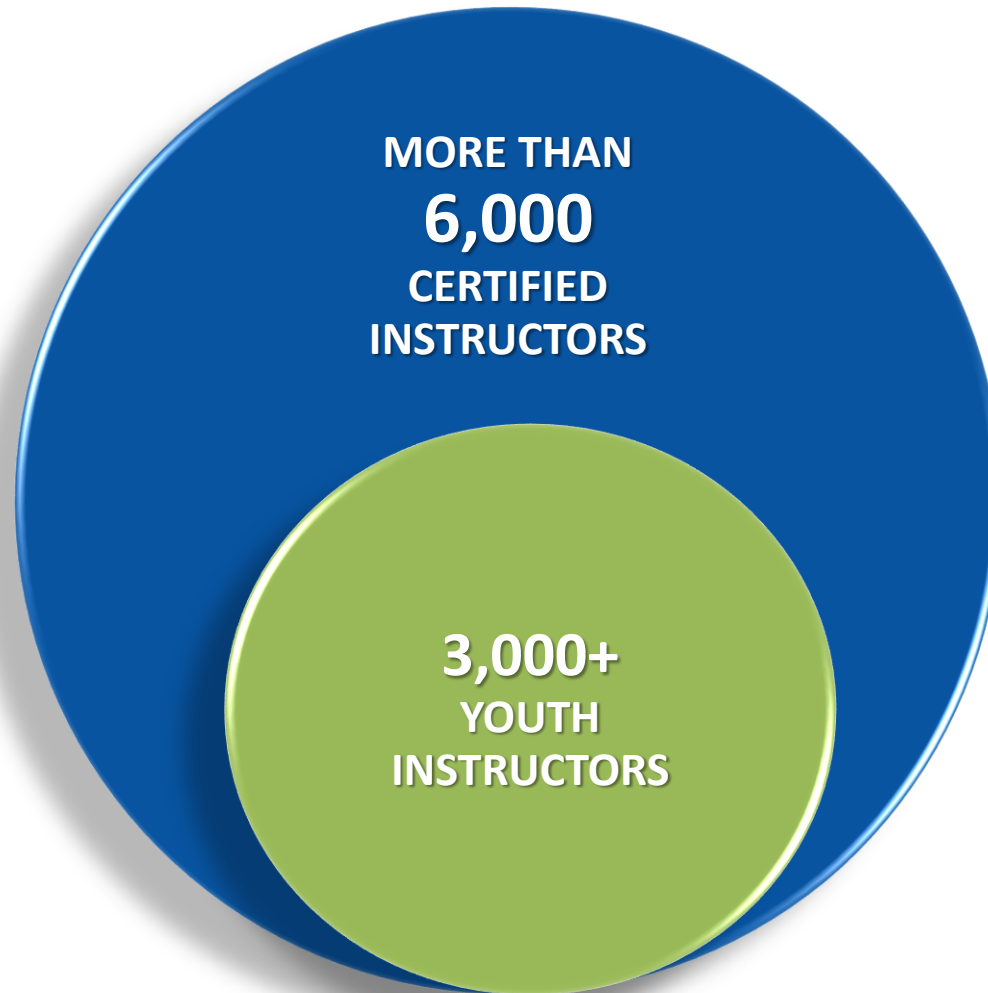


First Aider Growth By the Numbers



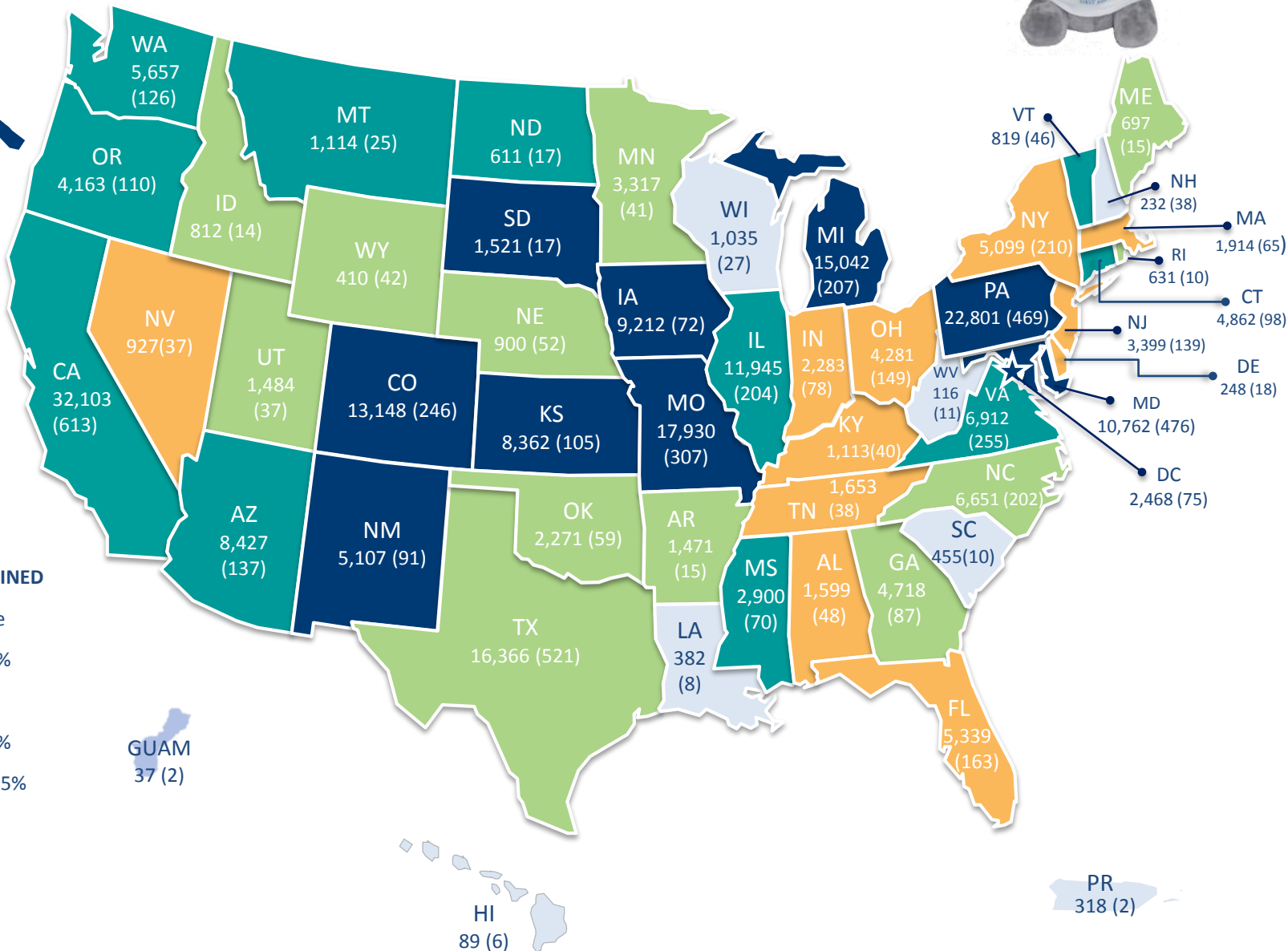
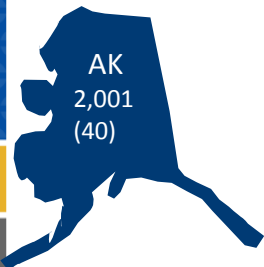


Instructor Growth by the Numbers



ALGEE-OMETER

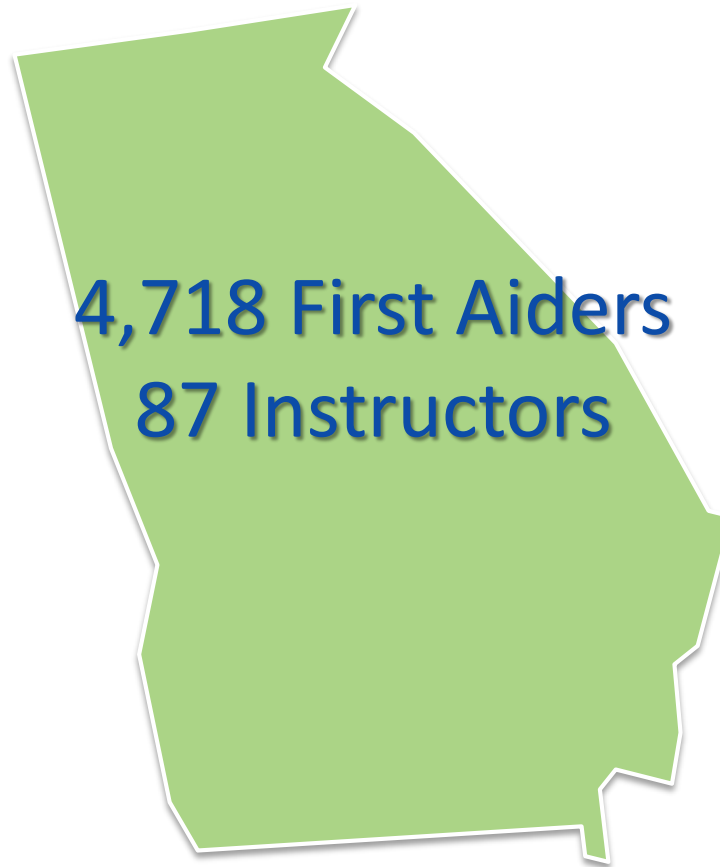
Nearly 300,000 First Aiders in the US
Trained by more than 6,000 Instructors



PERCENTAGE OF POPULATION TRAINED

- 0.15% or more
- 0.075%-0.149%
- 0.04%-0.074%
- 0.025%-0.039%
- Less than 0.025%

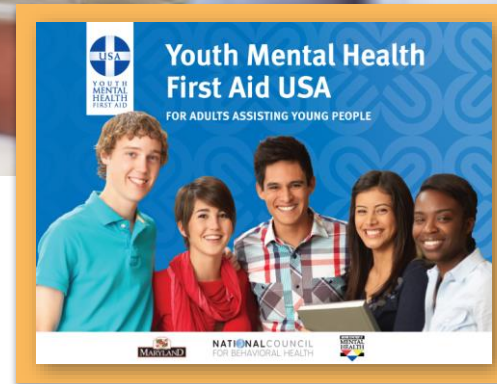
Georgia by the numbers





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What Participants Learn



What Participants Learn

**First Aid for
Traumatic Events**

**First Aid for Overdose
and Withdrawal**



**Signs and Symptoms
of Depression**

**Prevalence of Mental
Health Problems**

**First Aid for Acute
Psychosis**

Auditory Hallucinations



Auditory Hallucination Script

Why are you talking to him (her)?

Don't trust him.

Is he looking at you?

Why would he (she) want to talk with you?

Do you think you can trust him (her)?

You can't trust him (her). You can't trust anyone.

Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

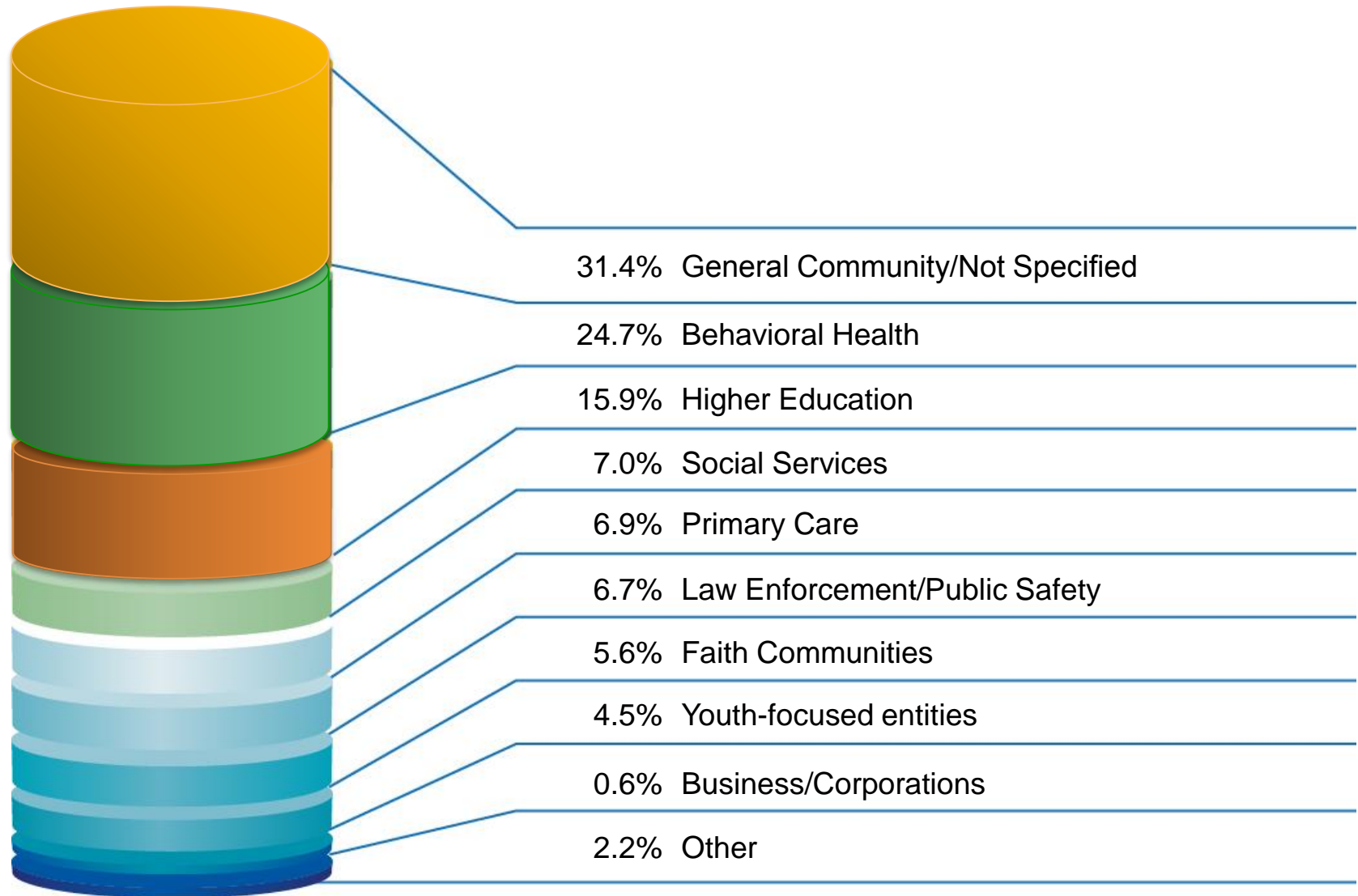


Audiences

(through April 2014)



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Mental Health First Aid and Supportive Housing



GEORGIA SUPPORTIVE HOUSING ASSOCIATION

The Value-Add

Using Mental Health First Aid:

- 🇺🇸 Staff to Client
- 🇺🇸 Staff to Staff
- 🇺🇸 Client to Client



Partnering with Local Instructors:

- 🇺🇸 For local and state funding
- 🇺🇸 Being a resource to the community



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Increasing Funding Opportunities

- ⊕ **Mental Health First Aid Act (S. 153/H.R. 274)**
 - > *Introduced in the House by Congressman Ron Barber (D-AZ) and in the Senate by Senators Mark Begich (D-AK) and Kelly Ayotte (R-NH) with nine bipartisan cosponsors.*
- ⊕ **\$15 million in SAMHSA funding for Mental Health First Aid in schools**
- ⊕ **State Policy Toolkit**
 - Available at www.mentalhealthfirstaid.org/cs/about/legislation-policy
- ⊕ **30 bills introduced in 21 states**
- ⊕ **15 States with Legislative Action or Appropriations**
 - Arizona, Colorado, Connecticut, Illinois, Indiana, Maryland, Michigan, Minnesota, Nebraska, New York, Oklahoma, Texas, Virginia, Washington, California



Find or Host a Course

Find a course or instructor near you at

www.MentalHealthFirstAid.org

The screenshot shows the homepage of the Mental Health First Aid USA website. At the top left is the logo, a blue circle with a white cross and 'USA' in the center, with 'MENTAL HEALTH FIRST AID' written below it. The navigation bar includes 'TAKE A COURSE', 'BECOME AN INSTRUCTOR', 'ABOUT', and 'NEWS & UPDATES'. There are social media icons for Facebook and Twitter, and an 'INSTRUCTOR LOGIN' button. A central banner features a photo of a smiling woman in a white shirt, with the text 'people helping people' overlaid. Below the banner, there's a section titled 'WHAT YOU LEARN' with 'COURSE TYPES' listed as 'ADULT' and 'YOUTH'. A yellow button says 'FIND A COURSE'. To the right, it says 'Sign up for a class near you' with another yellow 'FIND A COURSE' button. Below this is a blue button that says 'GET CERTIFIED TO TEACH MENTAL HEALTH FIRST AID'. The main content area has two columns. The left column describes the training: 'Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.' It lists four topics with icons: 'Signs of addictions and mental illnesses', '5-step action plan to assess a situation and help', 'Impact of mental and substance use disorders', and 'Local resources and where to turn for help'. The right column says 'Sign up for a Mental Health First Aid class near you' with a yellow 'FIND A COURSE' button and a magnifying glass icon. Below that, it asks 'Ready to become a Mental Health First Aid instructor?' and provides a link to 'Find Upcoming Instructor Training'. At the bottom right of this section is a blue 'DONATE NOW' button with the USA logo. A 'LEARN MORE' link is also present. The footer features a quote from Nikki Carber, President of Speak Out Against Suicide in Camanche, Iowa, next to a purple star icon. At the very bottom are two buttons: 'READ SUCCESS STORIES' and 'SUBMIT YOUR STORY'.

USA
MENTAL HEALTH FIRST AID

TAKE A COURSE | BECOME AN INSTRUCTOR | ABOUT | NEWS & UPDATES

INSTRUCTOR LOGIN

WHAT YOU LEARN
COURSE TYPES
ADULT
YOUTH

Sign up for a class near you
FIND A COURSE

people helping people

GET CERTIFIED TO TEACH MENTAL HEALTH FIRST AID

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Sign up for a Mental Health First Aid class near you
FIND A COURSE

Ready to become a Mental Health First Aid instructor?
[Find Upcoming Instructor Training](#)

MENTAL HEALTH FIRST AID TEACHES YOU:

- Signs of addictions and mental illnesses
- 5-step action plan to assess a situation and help
- Impact of mental and substance use disorders
- Local resources and where to turn for help

LEARN MORE

DONATE NOW

USA

“This program is a top-notch service to communities like ours; we are so grateful for the opportunity to have this program in our area.”
—Nikki Carber, President, Speak Out Against Suicide, Camanche, Iowa

READ SUCCESS STORIES | SUBMIT YOUR STORY

Questions



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