

Adult Mental Health First Aid

Learning Objectives

The Mental Health First Aid (MHFA) course (2-hour self-paced; 5.5 hours in-person) focuses on recognizing the patterns of thoughts, feelings, behaviors and appearance that show there might be a mental health challenge. Participants are taught an action plan that they apply to non-crisis and crisis situations. 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 American adults.
- 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 first aid.
- Explain the 5-step Mental Health First Aid ALGEE Action Plan* and apply it in the following situations:
 - When a person shows early signs of a mental health challenge.
 - When a person shows worsening signs of a mental health challenge.
 - When a person shows signs of a mental health crisis.
- Recognize the signs and symptoms of mental health challenges that may impact adults. Evaluate the impact of early intervention on mental health challenges.
- Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.

Mental Health First Aid ALGEE Action Plan

- A** Assess for risk of suicide or harm
- L** Listen non-judgmentally
- G** Give reassurance and information
- E** Encourage appropriate professional help
- E** Encourage self-help and other support strategies

Blended and Virtual Course Outline

2-hour, self-paced introduction is comprised of 5 learning segments:

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 US
5	Recognizing Signs and Symptoms

In-person or virtual skills application is comprised of 7 learning segments:

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

