



# *Adult Mental Health First Aid*

## **WHAT IS MENTAL HEALTH FIRST AID?**

Most of us would know how to help if we saw someone having a heart attack - we'd start CPR, or at the very least, call 9-1-1. But too few of us know how to respond if we saw someone having a panic attack or were concerned if a friend or co-worker might be showing signs of depression or substance use. Mental Health First Aid- Adult is a skills-based training that teaches people how to identify, understand, and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, and provides an action plan that teaches people to safely and responsibly identify and approach a potential mental health or substance use challenge. The intent of Mental Health First Aid is for the general public to receive a general overview mental health, understand basics and de-stigmatize of some common diagnoses, and to expand the safety net of help within communities.

### **What will I learn? The MHFA curriculum includes:**

- ❖ Risk factors and warning signs for mental health & addiction concerns
- ❖ Strategies for discussing signs and symptoms
- ❖ Basic information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ❖ ALGEE; the five-step action plan to help someone developing a mental health problem or is in crisis.
- ❖ Resources - Where to turn for help; professional, peer, and self-help resources

**Trainers:** MHFA certified instructors from Crisis Support Services of Alameda County (CSS).

**Target Audience:** ALL staff of Alameda County Behavioral Health, contracted CBOs, and contracted providers who are interested in learning how to recognize signs and assist *an adult* in a potential mental health or substance use crisis. *NOTE: While clinicians are welcome to attend as a refresher course, no CE credits are available.*

**Training Details – Things to be aware of:** MHFA is a national certification. Participants who complete the pre-requisite work AND attend the in-person portion will receive a certificate from the Mental Health First Aid organization, good for 3 years. The first portion of the course consists of a 2-hour, self-paced online curriculum, to be completed before the live training. On the day-of training, there are several interactive portions of the online/live class.

*If you have an accommodation request or would like to report a grievance about an ACBH-hosted training, contact the ACBH Training Unit: [Training.Unit@acgov.org](mailto:Training.Unit@acgov.org); ph: [510-567-8113](tel:510-567-8113)*

**Date: Mon. Nov.7, 2022**

**Time: 9am- 4pm\***

*(\*plus 2-hour commitment to complete online pre-course work BEFORE training\*)*

**Location:** Virtual (online)

**Register at:**

[Nov. 7th MHFA Adult](#)

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### *IMPORTANT REMINDERS for MHFA Virtual Trainings:*

- ❖ Within 2 business days of registration, you will receive an email with info about how to access the pre-coursework.
- ❖ Due to small class capacity, please register with the intent to complete both the pre-course works and attend on day of training. Empty or cancelled seats cannot be back-filled close to the training date.
- ❖ The, pre-coursework is REQUIRED by MHFA National Alliance. This must be completed to be admitted into the online class on day of training.

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For questions about this training  
please email:

[training.unit@acgov.org](mailto:training.unit@acgov.org)