



MENTAL
HEALTH
FIRST AID



Mental Health First Aid USA



A 12-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

Mental Health First Aid=

The initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors...) until appropriate professional or other help, including peer and family support, can be engaged.

A 12-hour course prepares members of the public to provide Mental Health First Aid to those in need. This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet other certification requirements.

You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

It's easy to tell when someone might be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? Or anxiety? Have you met people experiencing suicidal thoughts or behaviors?

*Panic Attacks? Trauma?
Substance Use Disorders? Grief?
 Eating Disorders?*

You will learn

- ⊕ The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
- ⊕ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- ⊕ A 5-step action plan to help an individual in crisis connect to professional care.
- ⊕ Resources available to help someone with a mental health problem.

This course is offered to criminal justice professionals interacting with offenders who may have mental health issues. It is appropriate for all levels and all units. If you are interested in attending any of the available training workshops listed on the following page, please contact:

Cara Wagner
Project Coordinator
EPIC Project
303-239-4373
Training Page:

<http://www.dcj.state.co.us/occ/MHFA-training.html>



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