



MENTAL HEALTH FIRST AID

Training Now Available Throughout Ohio!

Nearly
1 in 5

U.S. Adults live with a mental illness

In 2018

67,367

died from drug overdose

123

adults lose their lives to suicide each day

An estimated

19%

of adults had an anxiety disorder in the past year

Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Mental Health First Aid teaches the five-step **ALGEE** 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

OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Hospital staff
- Nursing home and senior services staff
- Faith-based groups
- Employers
- Police officers
- First responders
- Community groups
- Social workers
- School administrators

WHAT IT COVERS:

- Common signs and symptoms of mental illnesses:
 - Anxiety
 - Depression
 - Schizophrenia
 - Bipolar disorder
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect a person with help

For more Information, please contact: *Tori Ivan* - tivan@mhaohio.org

Connecting Mental Health First Aid to Benefit All Ohioans



Funded by the Ohio Department of Mental Health and Addiction Services



MENTAL HEALTH FIRST AID



FAQs

Q: Is there any fee for Mental Health First Aid?

A: Training and class materials are paid for through an Ohio Department of Mental Health and Addiction Services grant for any individuals or groups that work with older adults, minorities, or faith-based groups.

Q: How long is the training?

A: A typical class lasts 6½ hours.

Q: What is a typical class size?

A: Classes range in size from 20 to 35 students.

Q: Is online training available?

A: Yes, online training consists of 2 hours of self-paced study, and 4 hours of online instructor led training.

Q: Is in-person training available?

A: Not at this time, but in-person training will resume when it is safe to do so.

Q: Who should take Mental Health First Aid?

A: Any adult should consider attending a training. Groups that have been trained include hospital staff; nursing home and senior services staff; faith-based groups; community groups; social workers; employers; police officers; and first responders.

Q: Do you offer professional CEUs for this training?

A: No, at this time we are not able to offer CEUs.

Q: Is this training available in Spanish?

A: We are actively recruiting Spanish speaking instructors, please contact us for more information.

Q: Does this training provide certification?

A: Yes, after successfully completing the training you will be certified, for three years, as a Mental Health First Aider. Certification can be renewed after 3 years.

Q: How do I schedule a training for my group or organization?

A: Please contact Tori Ivan, tivan@mhaohio.org or visit www.mhaohio.org/get-help/MHFA.

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