

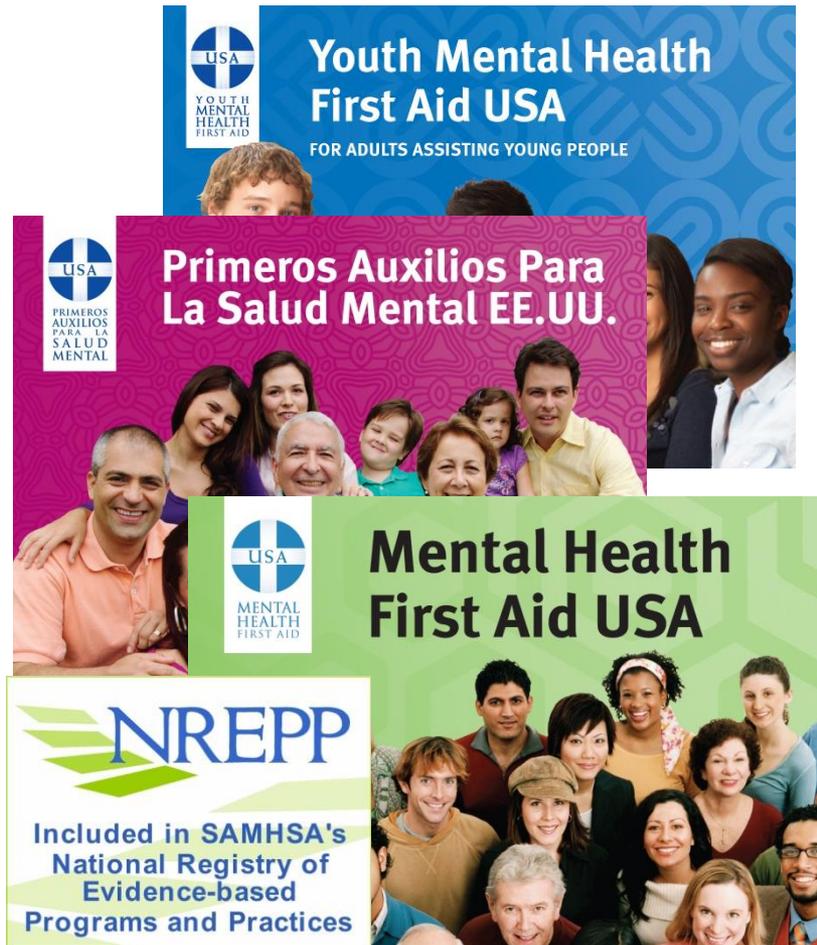


MENTAL  
HEALTH  
FIRST AID®

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



# Mental Health First Aid

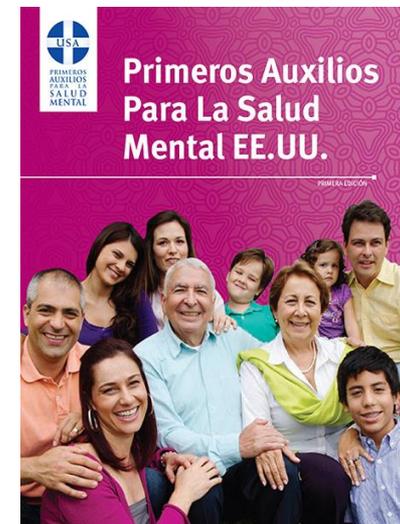
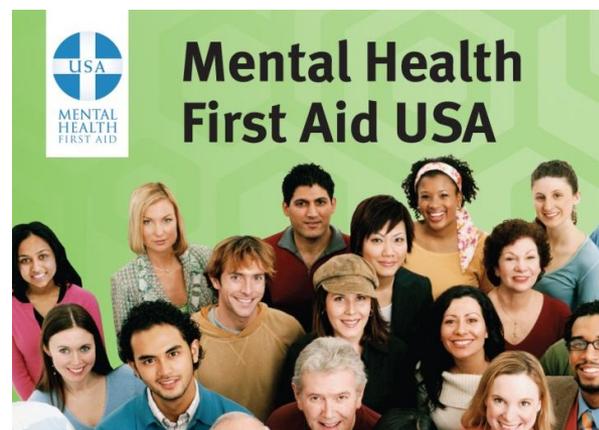
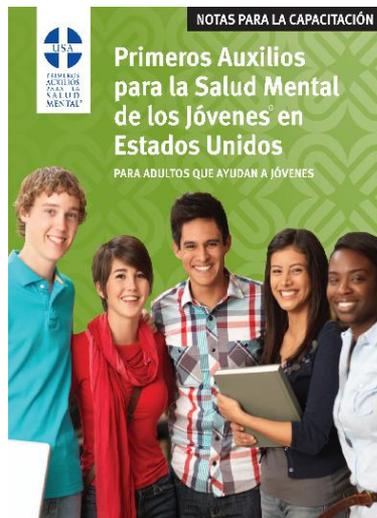
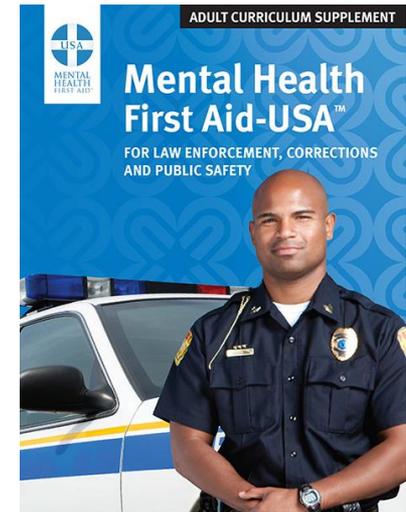
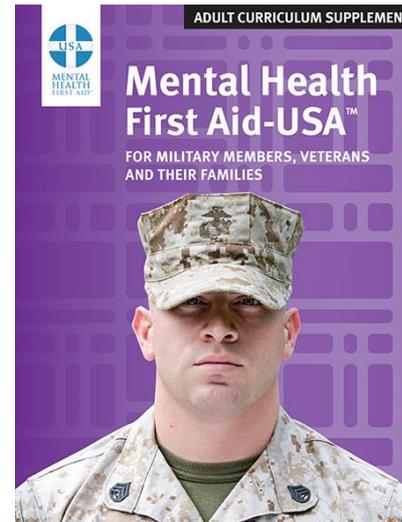
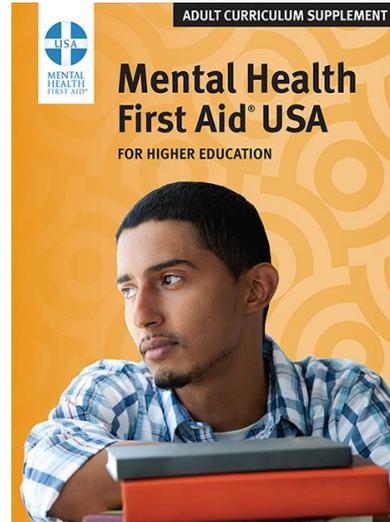
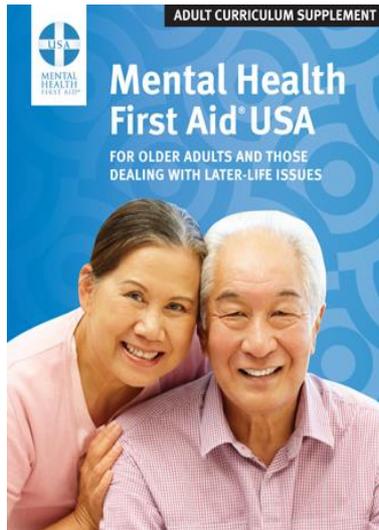


- Originated in Australia and currently in 23 countries
- Adult course for individuals 18 years of age and older; available in both Spanish and English
- Youth Mental Health First Aid is designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health, an addictions challenge or is in crisis; available in both Spanish and English.
- Mental Health First Aid Included in SAMHSA's National Registry of Evidence-based Programs and Practices



MENTAL  
HEALTH  
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# Mental Health First Aid Curricula and Modules



# Why Mental Health First Aid?

Mental health problems are  
**COMMON.**

Learn how to **NOTICE** when  
someone needs help

**STIGMA** is associated with mental  
health problems.

Promote **UNDERSTANDING.**

**PROFESSIONAL HELP** is not always  
on hand.

Encourage community members to  
**SUPPORT ONE ANOTHER.**

Individuals with mental health  
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP  
THEY NEED.**

Many people are not well informed  
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You  
might **SAVE A LIFE.**

# Evidence

## Mental Health First Aid....



...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



Included in SAMHSA's  
National Registry of  
Evidence-based  
Programs and Practices

# Youth Mental Health First Aid

- ➊ Introduces participants to the unique risk factors and warning signs of mental health problems in adolescents
- ➋ Builds understanding of the importance of early intervention
- ➌ Teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge
- ➍ The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.)



# Youth Curriculum Overview



- ⊕ What is Youth Mental Health First Aid?
- ⊕ Adolescent Development and Mental Health Problems in Youth
- ⊕ What you may see:
  - > Signs and Symptoms
  - > Risk & Protective Factors
- ⊕ Mental Health First Aid Action Plan
- ⊕ Using the Mental Health First Aid Action Plan
  - > In non-crisis situation
  - > In crisis situation.

# Mental Health First Aid 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

**Take a Course.**  
**You could be the help someone needs.**

**Find a Course or Instructor near you:**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

**Contact Us:**  
**Alana Barranco**  
[Alana.Barranco@SummaSource.com](mailto:Alana.Barranco@SummaSource.com)