



**MENTAL  
HEALTH  
FIRST AID®**

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**NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH**  
STATE ASSOCIATIONS OF ADDICTION SERVICES  
*Stronger Together.*



**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.

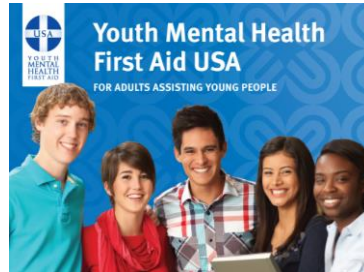


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## Youth Mental Health First Aid

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



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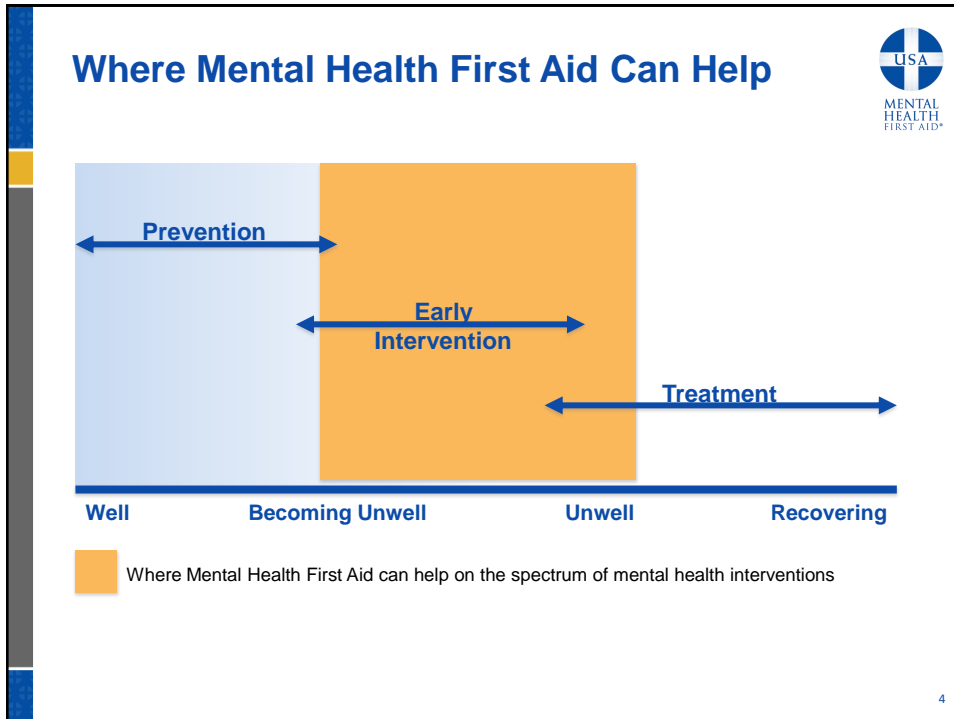


## Why Should I Train My Employees?

- ✦ 1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
- ✦ Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism
- ✦ 10.8 million full time workers have a substance use disorder
- ✦ The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses






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## What Participants Learn






- ✚ **Risk factors and warning signs** of mental health and substance use problems
- ✚ **Information** on depression, anxiety, trauma, psychosis and substance use
- ✚ **A 5-step action plan** to help someone who is developing a mental health problem or in crisis
- ✚ **Available evidence-based professional, peer and self-help resources**

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## Mental Health First Aid Action Plan



-  Assess for risk of suicide or harm
-  Listen nonjudgmentally
-  Give reassurance and information
-  Encourage appropriate professional help
-  Encourage self-help and other support strategies