

Mental Health First Aid Training

Mental Health First Aid training is proven to help individuals feel better equipped to manage mental health crisis situations while building mental health literacy. The program helps participants identify, understand and respond to signs of mental health challenges. Studies have found that those who were trained in Mental Health First Aid had greater confidence in providing help to others, a greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and a decrease in stigmatizing attitudes.

Size: up to 20 participants

Cost: \$3,000 (20 participants)

Structure Options

Option 1: Adult Virtual

- 2 hours of self-paced work will need to be completed prior to taking the course
- 6.5 hours of instructor-led virtual training

Option 2: Adult Blended

- 2 hours of self-paced work will need to be completed prior to taking the course
- 6.5 hours of in-person training

Course Agenda

1. What is Mental Health First Aid?

- Understanding and learning to apply the ALGEE Mental Health First Aid Action Plan

2. Role as a Mental Health First Aider

- Learning how to be the first line of support to someone who is experiencing a mental health crisis



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3. Crisis & Non-crisis First Aid

- Identifying crisis and non-crisis situations while applying the Mental Health First Aid Action plan (ALGEE)

4. Understanding Signs & Symptoms

- Learning to identify early and worsening signs and symptoms of mental health challenges

5. Self-care

- Learning how to develop a self-care plan following the application of Mental Health First Aid in a crisis or non-crisis situation

All participants will receive a participant processing guide and certificate of completion from the National Council on Mental Wellbeing

Get in Touch

To learn more information or schedule a Mental Health First Aid training, contact a member of MMA's wellness team.

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MarshMMAMidwest.com

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