



MENTAL  
HEALTH  
FIRST AID

An introduction to

# MENTAL HEALTH FIRST AID

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# What to expect from this session



What is Mental  
Health First  
Aid



Overview of  
Mental Illness  
in the U.S.



Mental Health  
Crisis & Action  
Plan



Mental  
Health and  
Recovery

The background of the slide features a sunset or sunrise scene. The sky is filled with dramatic, dark clouds, with a bright sun breaking through on the right side, creating a lens flare effect. In the foreground, the silhouettes of two people are visible against the horizon. One person is sitting on the left, and another is standing on the right with their hand on their hip. The overall mood is contemplative and serene.

What is

# Mental Health First Aid?

The help offered to a person developing a mental health problem or experiencing a mental health crisis.

The background of the slide features a sunset or sunrise scene. Two silhouetted figures are standing on a dark, rocky ridge in the foreground, looking out over a vast landscape. The sky is filled with dramatic, dark clouds, and a bright sun is breaking through on the right side, creating a glowing effect. The overall mood is contemplative and serene.

Why

# Mental Health First Aid?

Eliminate Stigma

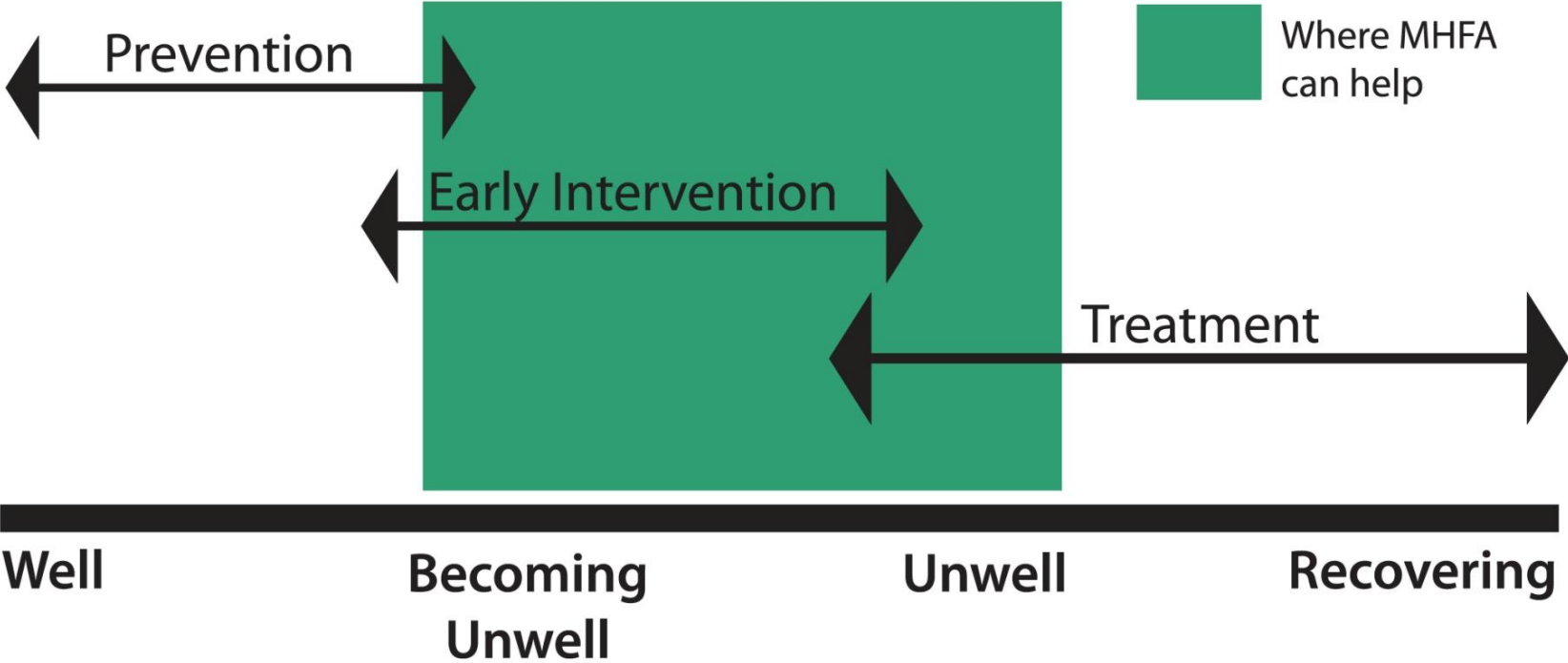
Educate Others

Early Intervention

Respond to MH Crisis

Link to professional help

# Spectrum of Mental Health Interventions





**What is a Mental Health Problem?  
What is a Mental Health Disorder/Illness?**

# Examples of Mental Health Problems & Disorders

Depression

Anxiety Disorders

Psychosis

Substance Use Disorders

Eating Disorders

# U.S. Adults with a Mental Disorder

Type of Mental Disorder	% Adults
Anxiety disorder	18.1
Major depressive disorder	6.7
Substance use disorder	3.8
Bipolar disorder	2.6
Eating disorders	2.1
Schizophrenia	1.1
<b>Any mental disorder</b>	<b>26.2</b>

<sup>1</sup> Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE (2005)  
Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication.



## US adults with an anxiety disorder in any one year



# The Impact of Mental Illness





**What is a Mental Health Crisis?**

# Examples of Mental Health Crises

- ❖ suicidal thoughts and behaviors
- ❖ nonsuicidal self-injury
- ❖ panic attacks
- ❖ traumatic events affecting adults
- ❖ traumatic events affecting children
- ❖ acute psychosis
- ❖ medical emergency from alcohol use
- ❖ aggressive behavior



# the action plan

**A**ssess for risk of suicide or harm

**L**isten nonjudgmentally

**G**ive reassurance and information

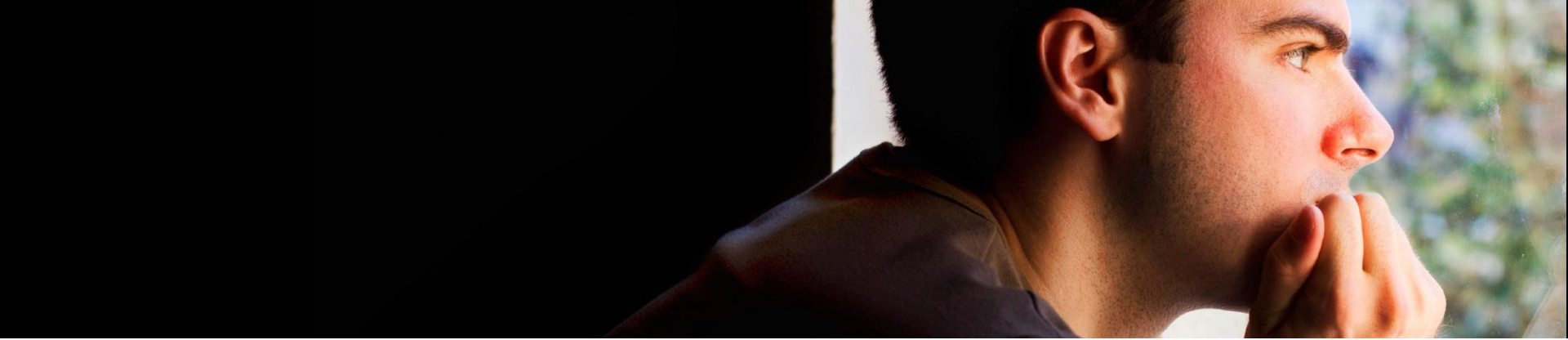
**E**ncourage appropriate professional help

**E**ncourage self-help and other support strategies



# **A**ssess for risk of suicide or harm





**L**isten nonjudgmentally



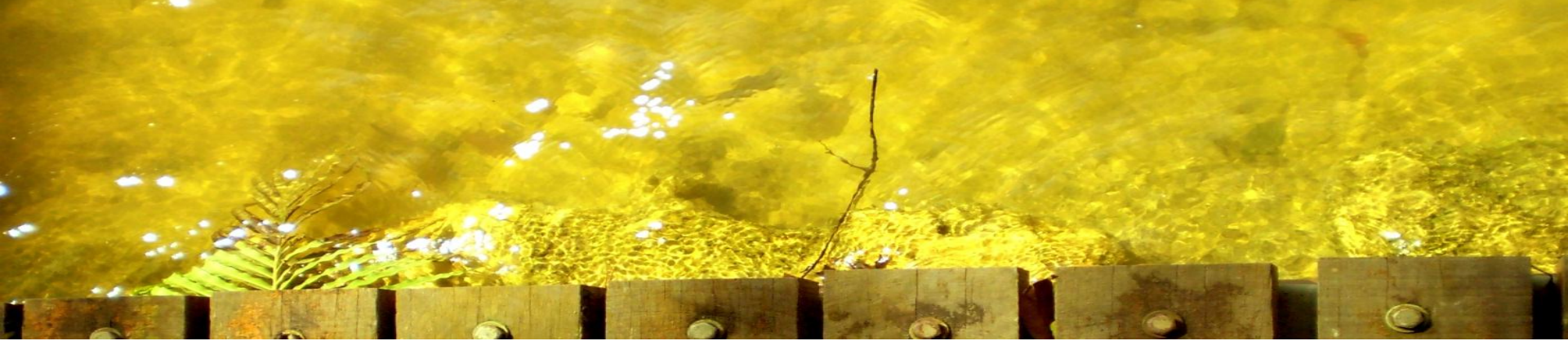




**G**ive reassurance & information







**E**ncourage appropriate professional help





# **E**ncourage self-help and other support strategies



# the action plan

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# Mental Health & Recovery

*New Bedford Recovery Learning Community*



“Recovery is the process in which people are able to live, work, learn, and participate fully in their communities...”



for some, this is the  
ability to live a fulfilling  
and productive life  
despite a disability...



for others, recovery  
implies the reduction or  
complete remission of  
symptoms.”

— *President's New Freedom  
Commission on Mental Health,  
President's New Freedom Commission Report on Mental Health* 2003



# Useful Websites

Mental Health First Aid USA

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

National Council for Community Behavioral Healthcare

[www.thenationalcouncil.org](http://www.thenationalcouncil.org)

National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

Mental Health America

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

National Empowerment Center

[www.pwer2u.org](http://www.pwer2u.org)

Substance Abuse and Mental Health Services Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)





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For additional MHFA Training:

**[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)**

*Click on “Find a Course Near You”*

**[www.thinkt3.com](http://www.thinkt3.com)**

*t3 can send a trainer to your organization*



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