



Mental Health First Aid

For older adults and those dealing with later life issues

Mental Health First Aid is an education program that introduces participants to risk factors and warning signs of mental health problems, builds an understanding of their impact and overviews appropriate supports. This 6 hour course (2 hour virtual self study, 4 hours virtual instructor led) uses role playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches risk factors and warning signs of specific illnesses like anxiety, depression, substance misuse, bipolar disorder, eating disorders and schizophrenia. Includes training on Opioid overdose.

Wednesday, February 3rd, 1pm-5pm (virtual)

Cost: \$35, payable to Roman Catholic Diocese of Albany

Registration deadline Friday, January 22nd

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers to questions like, "What do I do?" and, "Where can someone find help?" All trainees receive a participant manual at the completion of course work.

MENTAL HEALTH FIRST AID USA

MHFA ACTION PLAN

Mental Health First Aid teaches a **five-step** action plan, ALGEE, for individuals to provide help to someone who may be in crisis.

- A - Assess Risk of Suicide or Harm**
- L - Listen Non-judgmentally**
- G - Give Reassurance and Information**
- E - Encourage Appropriate Professional Help**
- E - Encourage Self-help and other support strategies**

THE MENTAL HEALTH FIRST AID ACTION PLAN

Assesses for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

www.MentalHealthFirstAid.org

To register please complete the registration form and return with payment to
Safe Environment Office: 40 North Main Ave. Albany, NY 12203

518-453-6635 safeenv@rcda.org