

MENTAL HEALTH FIRST AID IN MARYLAND

TRAINING COURSE INFORMATION

What is Mental Health First Aid? Mental Health First Aid (MHFA) is the initial help given to someone experiencing a mental health problem before appropriate professional help is obtained.

Description of the Program: State certified mental health first aid instructors will teach the signs and symptoms of mental health problems, where and when to get help, and what type of help has been shown to be effective. The course addresses mental health crisis situations and/or the early stages of mental health problems. The MHFA training course is 12 hours long and can be broken down into multiple work sessions to accommodate scheduling.

What Participants Learn: The MHFA training course addresses how to give help in any of the following crisis situations:

- Individual feeling suicidal
- Individual having a panic attack
- Individual who has recently experienced a traumatic event
- Individual who is psychotic and threatening violence
- Individual who has overdosed

Participants learn to use the **Mental Health First Aid Action Plan:**

- A**ssess Risk of Suicide or Harm
- L**isten Non-Judgmentally
- G**ive Reassurance and Information
- E**ncourage Person to Get Appropriate Professional Help
- E**ncourage Self-Help Strategies

For Training on the Eastern Shore please contact:

Tina Mills, Executive Director, Mental Health Association in Talbot County
tmills@mhamdes.org or 410-822-0444.