

# *Adult Mental Health First Aid*

## *(Virtual Training)*



### WHAT IS MENTAL HEALTH FIRST AID?

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of depression or substance use. Mental Health First Aid is a skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge.

**Training Details:** *First Aiders must first complete a 2-hour, self-paced online class, and then participate in the Instructor-led video conference on the day of training.*

**Target Audience:** ALL staff in Alameda County Behavioral Health and contracted providers who work with adult populations, and are interested in learning how to recognize signs and assist someone in mental health or substance use crisis, and non-crisis situations. *PLEASE NOTE: While mental health clinicians are welcome, Mental Health First Aid was designed for the general public to receive basic mental health information to enhance the safety net within our communities. No CEs are available for this course as it is intended for non-licensed participants.*

**Trainers:** MHFA certified instructors from Crisis Support Services of Alameda County (CSS).

### What you'll learn about:

- Risk factors and warning signs for mental health and addiction concerns
- Strategies for discussing signs and symptoms
- Basic information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ALGEE; the five-step action plan to help someone developing a mental health problem or is in crisis.
- Resources - Where to turn for help; professional, peer, and self-help resources

*If you have an accommodation request or would like to report a grievance about an ACBH-hosted training, contact the ACBH Training Unit:*

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org);

ph: [510-567-8113](tel:510-567-8113)

- **Date:** October 19, 2021
- **Time:** 10am – 5pm
- **Location:** Virtual  
*(plus 2-hours online pre-requisite work to be completed BEFORE Oct 19)*
- **To Register:**  
[https://www.surveymonkey.com/r/OCT2021\\_MHFAadult](https://www.surveymonkey.com/r/OCT2021_MHFAadult)
- **Virtual course Limited to 20 seat.** *Please register with the intent to complete the 2-hr pre-requisite work AND attend the full-day live session.*

### IMPORTANT NOTES about MHFA Virtual Training:

- ❖ *Two-hours (2) of online, pre-coursework is REQUIRED for Virtual MHFA. This must be completed before attending the actual online training.*
- ❖ *Approximately one week before training date, trainer will email per-course link to participants.*
- ❖ *There are no CE credits. Participants who complete this course will receive a three-year national certification as a Mental Health First Aider.*

For content or other information about this training contact:

[training.unit@acgov.org](mailto:training.unit@acgov.org)



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING