

# *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 alcoholism. Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

**Training Details:** First Aiders must first complete a 2-hour, self-paced online class, and then participate in the Instructor-led video conference (10am-5pm)

**Target Audience:** ALL staff in Alameda County Behavioral Health and contracted providers who are interested in learning how to recognize signs and assist someone in mental health or substance use crisis and non-crisis situations. This course is especially helpful for non-clinical staff or providers.

*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.*

**Trainers:** MHFA certified instructors from Crisis Support Services of Alameda County. CSS provides a 24-hour crisis hotline as well as on-going therapy groups, school-based counseling, supportive services for seniors, suicide prevention for youth, and community education.

## 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

## 4 Reasons to Become a Mental Health First Aider

- **Be prepared** - When a mental health crisis happens, know what to do
- **You CAN help** - People with mental health disturbances often suffer alone.
- **Stigma Reduction** - Mental health issues affects 1 in 5 adults in any given year
- **Gain Confidence** to be there for a friend, family member, or colleague

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



- **Date:** April 6, 2021
- **Time:** 10:00am – 5:00pm
- **Location:** Virtual
- **Registration:**  
<https://www.surveymonkey.com/r/MHFAadultApril2021>

*Participants who complete this course will receive a three-year national certification as a Mental Health First Aider.*

## SPECIAL NOTES:

- ❖ Two-hours of online, pre-coursework is required for Virtual MHFA. This must be completed before attending the live, virtual training.
- ❖ *As capacity is extremely limited, please register with the intent to complete the pre-requisite work AND attend the full-day live session.*

**Virtual course Limited to 20 seats**

For content or other information about this training contact:  
[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

