



# MENTAL HEALTH FIRST AID

## Training Now Available Throughout Ohio!

Nearly  
**1 in 5**

U.S. Adults live with a mental illness

In 2018

**67,367**

died from drug overdose

**123**

adults lose their lives to suicide each day

An estimated

**19%**

of adults had an anxiety disorder in the past year

Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Mental Health First Aid teaches the five-step **ALGEE** 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

### OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Hospital staff
- Nursing home and senior services staff
- Faith-based groups
- Employers
- Police officers
- First responders
- Community groups
- Social workers
- School administrators

### WHAT IT COVERS:

- Common signs and symptoms of mental illnesses:
  - Anxiety
  - Depression
  - Schizophrenia
  - Bipolar disorder
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect a person with help

For more Information, please contact: *Tori Ivan* - [tivan@mhaohio.org](mailto:tivan@mhaohio.org)

Connecting Mental Health First Aid to Benefit All Ohioans



Funded by the Ohio Department of Mental Health and Addiction Services



# MENTAL HEALTH FIRST AID



## FAQs

**Q:** Is there any fee for Mental Health First Aid?

**A:** Training and class materials are paid for through generous funding from the Ohio Department of Mental Health and Addiction Services (\$170 value per person) for any individuals or groups that work with older adults, minorities, or faith-based groups.

**Q:** How long is the training?

**A:** Virtual Class: 2 hours online self-paced prework; 5 ½ hours live instructor-led virtual session  
Blended Class: 2 hours online self-paced prework; 5 ½ hours instructor-led in-person session  
In-Person Class: 8 hours instructor-led session

**Q:** What is a typical class size?

**A:** Virtual Class: 20 students  
Blended Class: 25-30 students  
In-Person Class: 30-35 students

**Q:** Is in-person training available?

**A:** Not at this time, but all in-person training will resume when it is safe to do so.

**Q:** When does the prework need to be completed?

**A:** Prework must be completed 48 hours before the date of the class. A class will be canceled if the majority of attendees fail to complete the prework within this time frame.

**Q:** Who should take Mental Health First Aid?

**A:** Any adult should consider attending a training. Groups that have been trained include hospital staff; nursing home and senior services staff; faith-based groups; community groups; social workers; employers; police officers; and first responders.

**Q:** Do you offer professional CEUs for this training?

**A:** Participants receive a Certificate of Attendance. At this time, we are not able to offer CEUs.

**Q:** Is this training available in Spanish?

**A:** We are actively recruiting Spanish speaking instructors, please contact us for more information.

**Q:** Does this training provide certification?

**A:** Yes, after successfully completing the training you will be certified, for three years, as a Mental Health First Aider. Certification can be renewed after 3 years.

**Q:** How do I schedule a training for my group or organization?

**A:** Please contact Tori Ivan, [tivan@mhaohio.org](mailto:tivan@mhaohio.org) or visit <https://mhaohio.org/get-help/MHFA>.