Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

afmc TIPP
Trauma-Informed & PACEs Project

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a public education program that teaches participants how to recognize and respond to the signs of a mental health challenge. MHFA is help for a person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate professional help is received or the crisis resolves.

Who should take Mental Health First Aid training?

The course is designed for anyone interested in learning how to properly support people showing early or worsening signs of a mental health challenge.

Mental Health First Aid Training Course Delivery Options

Building Healthy Minds and Strong Communities.

At Arkansas Foundation for Medical Care, we strive to support the growth of healthy and vibrant communities, and we believe this takes everyone working together. We offer MHFA as a vital tool to educate and empower members of our community. Below are some ways the MHFA course is offered:

In-Person • 8-hour in-person course • 5-30 participants	**Partner Responsibilities:** • Promote the interactive Mental Health First Aid course to your audience • Provide space, tables, and chairs to accommodate up to 30 participants (5 to 6 small groups) • Provide equipment to view PowerPoint presentations and videos (projector or monitor) • Consider providing the audience with light refreshments and lunch
Blended • 2-hour self-paced • Blended 5.5-hour in-person course • 5-30 participants	**Partner Responsibilities:** • Promote the interactive Mental Health First Aid course to your audience • Submit class roster (name and email) 30 days before finalizing a class date • Explain to your audience that they must complete the 2-hour self-paced session before attending the instructor-led in-person session • Provide equipment to view PowerPoint presentations and videos • Consider providing the audience with light refreshments • Provide space, tables, and chairs to accommodate up to 30 participants (5 to 6 small groups)

AFMC will provide:

- Certified Mental Health First Aid Instructor(s)
- Course-related materials
- Supplies for the activities
- Community resources
- Toolkits to assist in promoting the course

Ready to make a difference?

Scan the QR code or visit www.afmc.org/tipp-training to register or request training. Questions? Contact us at aces@afmc.org

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MHFA

Mental Health First Aid teaches participants 18+ how to identify, understand, and respond to signs of mental illnesses and substance use disorders in adults. The training provides skills needed 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.
Blended in-person: 2-hr online self-paced course & 5.5 hrs. in-person OR
In-person: 7.5 hours of in-person

YMHFA

Youth Mental Health First Aid teaches participants 18+, who work with youth, how to identify, understand, and respond to signs of mental illnesses and substance use disorders in youth. The training provides skills needed 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.
Blended in-person: 2-hr online self-paced course & 4.5 hrs. in-person OR
In-person: 6.5 hours of in-person

tMHFA

Teen Mental Health First Aide teaches teens in grades 9-12, or ages 14-18, how to identify, understand, and respond to signs of mental health and substance use challenges in their friends and peers.
Lessons are conducted in person in six 45-minute sessions OR or three 90-minute sessions.

MHFA-HE

MHFA for Higher Education is a skills-based training that teaches participants how to identify, understand and respond to someone experiencing a mental health and substance use challenge. The program has a specific focus on the unique challenges faced by college students and is designed for students, staff and faculty.
In-person: 7.5-hour Instructor-led.

MHFA-RC

Mental Health First Aid for Rural Communities is a training that equips adults with skills to recognize and respond to mental health challenges while addressing the unique barriers to care in rural areas, and it highlights the strengths of rural communities, such as supportive neighbors, friends, and trusted adults in helping people get the support they need.
In-person: 7.5-hour Instructor-led.

MHFA-OA

MHFA for Older Adults is a skills-based training that teaches participants how to identify, understand and respond to someone experiencing mental health and substance challenge. The program addresses mental health challenges unique to people aged 55 and older.
In-person: 7.5-hour Instructor-led.

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