



MENTAL  
HEALTH  
FIRST AID®

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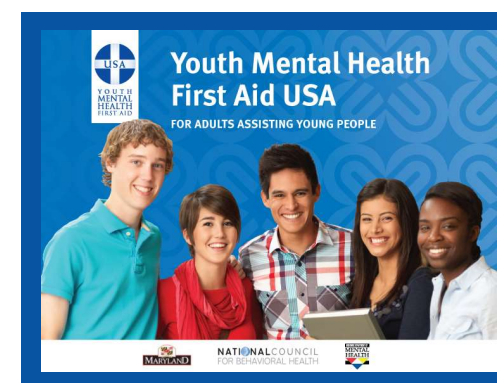
Be The Difference

**Mental Health First Aid** is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



# What Participants Learn

- ⊕ **Risk factors and warning signs** of mental health and substance use problems
- ⊕ **Information** on depression, anxiety, trauma, psychosis and substance use
- ⊕ **A 5-step action plan** to help someone who is developing a mental health problem or in crisis
- ⊕ Available evidence-based professional, peer and self-help **resources**



# Mental Health First Aid 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





# Why Mental Health First Aid?

Mental health problems are  
**COMMON.**

Learn how to **NOTICE** when  
someone needs help

**STIGMA** is associated with mental  
health problems.

Promote **UNDERSTANDING.**

**PROFESSIONAL HELP** is not always  
on hand.

Encourage community members to  
**SUPPORT ONE ANOTHER.**

Individuals with mental health  
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP  
THEY NEED.**

Many people are not well informed  
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You  
might **SAVE A LIFE.**

# 4 Reasons to Become a Mental Health First Aider



1

## BE PREPARED.

Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2

## MENTAL ILLNESSES ARE COMMON.

1 in 5 people will experience one in a given year.

3

## YOU CARE.

Be there for a friend, family member or colleague. Learn how to start a conversation.

4

## YOU CAN HELP.

People with mental illnesses often suffer alone. Learn when and how to step in and offer support.





# Why Should I Train My Employees?



- 1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
- Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism
- 10.8 million full time workers have a substance use disorder
- The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses



# Evidence

## Mental Health First Aid....



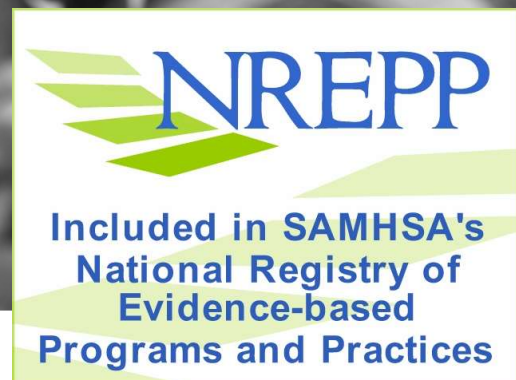
...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



**Take a Course.**  
**You could be the help someone needs.**

**Find an Upcoming Course:**  
**[www.bertnash.org](http://www.bertnash.org)**

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