

- Builds understanding of the impact of those challenges.
- Overviews common treatments.

Individuals interested in participating can complete the training in one of three ways. These options include:

- Virtual, with a 2-hour, self-paced online course and 4.5 to 5.5-hour, instructor-led video conference.
- Blended, with a 2-hour, self-paced online course and 4.5-hour, in-person, instructor-led class.
- In-person, with an 8-hour, instructor-led class.

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a First Aider assist someone experiencing a mental health crisis.

Studies have found that people trained in Mental Health First Aid reduce negative perceptions and attitudes about people with mental illnesses and addictions.

Mental Health First Aiders have more confidence in helping others and a greater likelihood of advising people to seek professional help.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

How do I know MHFA works?

Mental Health First Aid is an international program proven to be effective.

Peer-reviewed studies published in Australia, where the program originated, show that individuals trained in the program:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence and likelihood in helping an individual in distress.
- Show increased mental wellness themselves.
- Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

Mental Health First Aid USA is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-Based Programs and Practices. NREPP is a searchable database of mental health and substance abuse interventions to help the public find programs and practices that may best meet their needs and learn how to implement them in their communities.



Sources: [Mental health first aid training](#) of the public in a rural area: a cluster randomized trial, BMC Psychiatry.



Trillium Health Resources Corporate Headquarters

201 West First St. Greenville, NC 27858

Member & Recipient Services 1-877-685-2415

Behavioral Health Crisis Line 1-888-302-0738

Nurse Line 1-877-685-2415

TrilliumHealthResources.org

Trillium Health Resources oversees serious behavioral health, traumatic brain injury, and intellectual/developmental disability services in North Carolina. Trillium helps individuals with Medicaid or state funding for their care through the Trillium Tailored Plan and NC Medicaid Direct. For those on the Trillium Tailored Plan, we cover physical health care and pharmacy services as well. Trillium complies with applicable federal civil rights laws and does not discriminate, exclude or treat people different based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation.

You can get free materials in large print and other auxiliary aids and services. Call **1-877-685-2415** (TTY/TDD 711). If English is not your first language, free interpreter services are available. Call **1-877-685-2415** (TTY/ TDD 711).

Español (Spanish): Puede obtener materiales gratuitos en letra grande y otras ayudas y servicios auxiliares. Llame al **1-877-685-2415** (TTY/TDD 711). Si el inglés no es su primer idioma, servicios de interpretación gratuita están disponibles. Llame al **1-877-685-2415** (TTY/TDD 711).

中国人 (Chinese): 您可以申请免费的辅助工具和服务, 包括本资料和其他计划信息的大字版。请致电 **1-877-685-2415** (TTY/TDD 711)。如果英语不是您的首选语言, 我们能提供帮助。请致电 **1-877-685-2415** (TTY/TDD 711)。我们可以通过口头或书面形式, 用您使用的语言免费为您提供本资料中的信息, 为您提供翻译服务, 并且用您使用的语言帮助回答您的问题。



Learning to assist someone experiencing a mental health crisis.



Transforming Lives. Building Community Well-Being.

"I've taken this course and regular first aid and have used both... but certainly the opportunities to use Mental Health First Aid are much more abundant."

What would I learn in Mental Health First Aid?

Mental Health First Aid teaches you to:

- Recognize the potential risk factors and warning signs for a range of mental health challenges, including depression, anxiety, trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health challenge treat and manage it and achieve recovery.
- Assess your own views and feelings about mental health challenges and disorders.

Specific topics covered include:

- Depression
- Anxiety
- Substance use
- Psychosis
- Suicidal behavior

What do I get when I take MHFA?

Courses are highly interactive with lots of group participation required. Trainings are limited to a minimum of five and maximum of 30 participants at a time.

Each person who attends Mental Health First Aid will receive a manual which includes information covered in the course, as well as additional detailed information for future reference.

At the end of the course, First Aiders receive a three year certification for validation of skills.

How much does it cost?

Trillium offers this training at no cost to the participant and materials are included.



How do I sign up for MHFA?

You can register for a scheduled class by visiting the News, Events, and Training page on our web site at TrilliumHealthResources.org.

For more information or to request Mental Health First Aid Training in your community, contact: MHFATraining@TrilliumNC.org

Or call Trillium at **1-866-998-2597** and ask to speak to a Mental Health First Aid Coordinator.

How is youth Mental Health First Aid different from the standard course?

Youth Mental Health First Aid is a valuable resource for any adult who regularly interacts with young people ages 12–18 such as:

- Parents
- Caregivers
- Teachers
- Social Workers
- Probation Officers
- Camp Counselors
- Community Members
- Health & Human Service Workers
- School Resource Officers

Mental Health First Aid teaches about recovery and resiliency—the belief that individuals experiencing these challenges can and do get better and use their strengths to stay well.

Youth Mental Health First Aid is centered on strategies for supporting adolescents who are experiencing mental health or substance use challenges or who are in crisis.

The course introduces common mental health challenges for youth, reviews typical adolescent development versus potential warning signs, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations.

What do I get when I take youth MHFA?

A highly interactive six hour course with lots of required group participation. Trainings are limited to a minimum of five and maximum of 30 participants at a time.

Each person who attends Youth Mental Health First Aid will receive a manual which includes information covered in the course as well as additional detailed information for future reference.

At the end of the course, First Aiders receive a 3 year certification for validation of skills.

How much does it cost?

Trillium offers this training at no cost to the participant and materials are included.

How do I sign up for youth MHFA?

You can register for a scheduled class by visiting the News, Events, and Training page on our web site at TrilliumHealthResources.org.

For more information or to request Mental Health First Aid Training in your community, contact: MHFATraining@TrilliumNC.org

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a public education program that helps participants identify, understand, and respond to signs of mental illnesses and substance use disorders.

Content is offered in an interactive, 8-hour course that:

- Presents an overview of mental illnesses and substance use disorders in the US.
- Introduces participants to risk factors and warning signs of mental health challenges.