

**"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 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 MHFA?

You can register for a scheduled class by visiting the Upcoming Events page on our web site at [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org).

For more information or to request Mental Health First Aid Training in your community, contact: [MHFATraining@TrilliumNC.org](mailto: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 5-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.

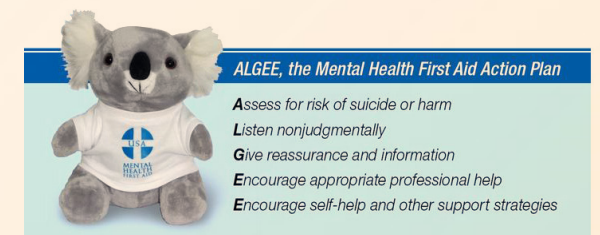
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**ALGEE, the Mental Health First Aid Action Plan**

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

## 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
- 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.

## HOW DO I KNOW MHFA WORKS?

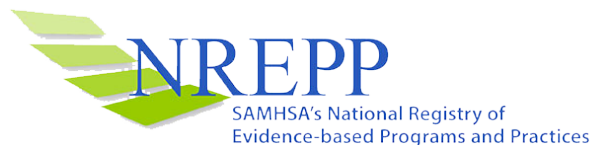
Mental Health First Aid is an international program proven to be effective.

*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.



## REGIONAL OFFICES

**Northern Regional Office**  
144 Community College Rd.  
Ahoskie, NC 27910-8047

**Central Regional Office**  
201 West First Street  
Greenville, NC 27858-1132

**Southern Regional Office**  
3809 Shipyard Blvd.  
Wilmington, NC 28403-6150

**Behavioral Health Crisis Line**  
1-888-302-0738

[www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org)

**Trillium Health Resources is a Local Management Entity/Managed Care Organization (LME/MCO).**

**We are designated by the NC Department of Health & Human Services to oversee state and federally funded services for 28 counties in eastern North Carolina.**

Trillium is responsible for providing access to and oversight of services for individuals who receive Medicaid or state funding for their care. Trillium complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

Trillium requires priority admission to all women who are pregnant and injecting drugs, pregnant and using substances, and other individuals who are injecting drugs. Trillium does not publish materials or share information that is intimidating, misleading, or inaccurate.

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Learning to assist someone experiencing a mental health crisis.

