



MENTAL HEALTH FIRST AID COURSE

8-Hour Course Agenda
9:00 am-6:00 pm
02/28/2020

<p><u>SESSION 1 (9:00-10:45)</u></p> <p>Part 1</p> <ul style="list-style-type: none"> ◆ What is Mental Health First Aid? ◆ Mental Health Problems in the USA ◆ The Mental Health First Aid Action Plan ◆ Understanding Depression ◆ Understanding Anxiety Disorders <p>Break</p>	<p><u>SESSION 2 (1:30-3:30)</u></p> <p>Part 1</p> <ul style="list-style-type: none"> ◆ Crisis First Aid for Panic Attacks ◆ Crisis First Aid for Traumatic Events ◆ Understanding Psychosis ◆ Crisis First Aid for Acute Psychosis <p>Break</p>
<p>10:45-11:00</p> <p><u>SESSION 1 (11:00-12:30)</u></p> <p><u>Part 2</u></p> <ul style="list-style-type: none"> ◆ Crisis First Aid for Suicidal Behavior & Depressive symptoms ◆ What is Non-Suicidal Self-Injury? ◆ Understanding Anxiety Disorders ◆ Non-crisis First Aid for Depression and Anxiety <p>Lunch (12:30-1:30)</p>	<p><u>SESSION 2 (3:45-5:45)</u></p> <p>Part 2</p> <ul style="list-style-type: none"> ◆ Understanding Substance Use Disorders ◆ Crisis First Aid for Overdose ◆ Crisis First Aid for Withdrawal/Opioid Overdose Response ◆ Using Mental Health First Aid ◆ Wrap up and Evaluation (5:45-6:00)