

MENTAL HEALTH FIRST AID AT WORK



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Certification Training

Mental Health First Aid (MHFA) is an interactive, skills-based training program that teaches you and your team how to identify, understand and respond to signs and symptoms of mental health and substance use challenges. You'll build skills and confidence you need to reach out and provide initial support to a colleague who's struggling. You'll also learn how to help connect them to appropriate employee resources or reach out for emergency services when necessary.

By fostering a culture of mental wellbeing and compassion, MHFA at Work Certification makes your organization a better place to work. Learners come away with a better understanding of how to care for their own wellbeing at work as well as an Action Plan to apply to non-crisis and crisis scenarios.

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Learning Objectives:

1. Describe the purpose of Mental Health First Aid At Work and the role of the Mental Health First Aider.
2. Identify the impact of mental health challenges on the wellbeing of adults in workplaces in the United States.
3. Explain that recovery from a mental health challenge is possible.
4. Describe the principles of safety and privacy in the workplace for both the Mental Health First Aider and the person receiving Mental Health First Aid.
5. Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
6. Recognize the signs and symptoms of mental health challenges that may impact adults in the workplace.
7. Evaluate the impact of early intervention on mental health challenges.
8. Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows early, worsening and critical signs of a mental health challenge.
9. Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.

Instructor: