



# Mental Health First Aid



## Program Description:

This is a two-day Training Program (four hours each day). Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in mental health crisis and connect persons to the appropriate professional, peer, social and self-help care.

The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia.

Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

## Course Details:

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

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

**Date:** April 4<sup>th</sup> and 5<sup>th</sup>, 2019

**Time:** 9:00a.m. – 1:30 p.m.

**Location:**

Good Samaritan Hospital  
Auditorium  
255 Lafayette Ave,  
Suffern, NY, 10901

**Course Registration - visit:**

<https://tinyurl.com/yagrjujq>

**For More Information:** Contact

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**Performing Provider  
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Westchester Medical Center Health Network