



Mental Health First Aid

WHY IT'S IMPORTANT

Mental health issues affect employee's job performance, productivity and their ability to safely focus on the job at hand. Mental illness, including depression is associated with higher rates of disability and unemployment. Nearly 1 in 5 adults report dealing with a mental illness.

Mental health disorders are seeing increased growth in the United States. Nearly 1 in 5 US adults reported a mental illness or concern in 2016.

Mental Health First Aid is an evidence-based public education and prevention training. It improves one's knowledge of mental health and substance use problems and connects people with care for their mental health or substance use problems. As part of your workplace health program, it has proven to be a successful and integral part, especially when combined with mental and physical health interventions.

Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

Mental Health First Aid is a strong evidence based program developed by the National Council for Behavioral Health. Three quantitative and one qualitative studies have shown that the program:

- 1) improves people's mental health
- 2) increases understanding of mental health issues and treatments
- 3) connects more people with care
- 4) reduces stigma

Attendees learn risk factors and warning signs of mental illness and addiction and available treatments. The course is an 8-hour training program that teaches the **ALGEE** action plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

All attendees receive a workbook/reference guide. Upon completion participants will receive a certificate and better understand the impact mental illnesses and addictions have on a person, their family and their safety while on and off the job.

Attendees who enroll in a Mental Health First Aid courses will learn a 5-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems.

Who should attend this training:

Attendees from all walks of life including safety professionals, HR professionals, safety committee team members, school personnel, law enforcement, faith-based communities, hospital and nursing home staff, families and young people should attend.

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Investment: \$100

Duration: 8am-4:30pm

Training Location:

Training can be held at the:
National Safety Council, Nebraska
11620 M Circle, Omaha, NE 68137
or your company's location.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING