

# Mental Health First Aid

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. CareFirst is excited to have partnered with EveryMind to offer **FREE and VIRTUAL** Mental Health First Aid Training to our clients with healthcare workers (i.e. Providers, Clinicians, First Responders, or anyone who touches health care in their current role). We feel passionately about supporting mental wellbeing efforts to our clients, members, and community.



## What is Mental Health First Aid?

The course teaches participants how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. Our goal is to help our essential healthcare workforce be more prepared to support the patients and individuals they interact with. This is NOT diagnostic and does not train in counseling. The focus is on early awareness through compassion, appropriate interaction, and referral.

## Participant Experience

- 2 hours of self-paced pre-work is **REQUIRED** prior to training date
- Training day is virtually from 9AM – 4PM (30-45 minute lunch break)
- Interactive discussion (on camera), dialogue, and scenarios designed to guide participants and develop an understanding of risk factors and warning signs for mental health/substance use problems.
- Use of a 5-step action plan to help those developing a mental health issue or those in crisis

## Training Dates: Q12024

**Each class will be held from 9am - 4pm**

**Thursday, January 25th:** Register by January 11th

**Wednesday, February 21st:** Register by February 7th

**Tuesday, March 12th:** Register by February 27th

## How Does it Work?

Participants in the course will complete a 3-year certification in Mental Health First Aid and at no cost! **Space is limited**, with 30 participants in each of the virtual classes that will be held. This will be a **first come first serve** opportunity.

- Offered virtually by a certified instructor
- 30 person maximum
- Certification is valid for 3 years

## Schedule a Training Today!

Please see below registration links and the deadline dates for each link:

1/25 (Deadline 1/11): [Click here to register](#)

2/21 (Deadline 2/7): [Click here to register](#)

3/12 (Deadline 2/27): [Click here to register](#)

Note: We need a minimum of 10 people to hold a class. Be on the lookout for additional dates.