



MENTAL HEALTH FIRST AID FOR MILITARY, VETERANS, AND THEIR FAMILIES



So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place.”

— **Tousha Paxton-Barnes**,
U.S. Army Veteran

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Military, Veterans, and their Families is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge.

This training specifically addresses the relevance of mental health to military culture, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.

Nearly

1 IN 4*

active duty members showed signs of a mental health condition.

The suicide rate for veterans is

57%

GREATER*

than non-veterans.

88%*

of veterans' caregivers report increased stress or anxiety.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The relevance of mental health to the community of military, veterans and their families.
- Risk factors and protective factors specific to the community of military, veterans and their families.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed specifically for military, veterans and their families.
- National, regional and community mental health resources for service members, veterans and their families.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

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

WHO SHOULD TAKE IT

- Individuals who are a part of or support the military community, including service members, veterans and military families.

GET CERTIFIED

Find a course at [MentalHealthFirstAid.org](https://www.MentalHealthFirstAid.org)



PRIMEROS AUXILIOS DE SALUD MENTAL de adolescentes

¿POR QUÉ PRIMEROS AUXILIOS DE SALUD MENTAL de adolescentes?

Primeros Auxilios de Salud Mental de adolescentes (tMHFA, por sus siglas en inglés) es un programa de entrenamiento para adolescentes brindado en los Estados Unidos por el [National Council for Mental Wellbeing](#), en colaboración con la [Fundación Born This Way](#).

Este entrenamiento enseña a adolescentes, entre 10mo. y 12vo. grado, o de 15 a 18 años, cómo identificar, entender y responder ante los signos de un problema de salud mental o de uso de sustancias en sus amigos y compañeros.

El **49.5%**

de los adolescentes entre 13 y 18 años vive con un trastorno de salud mental.

De ellos, más de 1 de cada 5 (22,2 %) experimentan un trastorno severo.

Fuente: National Institute of Mental Health

El **50%**

de todas las enfermedades de salud mental comienza a los 14 años,

y el 75 % a mediados de los 20.

Fuente: Archives of General Psychiatry***

El suicidio es la segunda causa de muerte entre los jóvenes de

15-19 años

Fuente: National Center for Health Statistics

TRES MODALIDADES DE ENSEÑANZA Y APRENDIZAJE

- **Presencial** – Las clases se brindan de forma presencial en seis sesiones de 45 minutos o en tres sesiones de 90 minutos.
- **Semipresencial** – Los adolescentes primero finalizan una clase autoguiada en línea, y luego participan en seis sesiones en vivo, dirigidas por un Instructor.

Estas sesiones dirigidas por un Instructor pueden ser con:

- » Videoconferencias.
- » Clases presenciales.

¿QUÉ CUBRE?

- Signos y síntomas más frecuentes de los problemas de salud mental y de uso de sustancias.
- Signos y síntomas más frecuentes de una crisis de salud mental, en particular el suicidio.
- El impacto de la violencia escolar y el acoso en la salud mental.
- Cómo iniciar una conversación sobre las enfermedades de salud mental y de uso de sustancias con amigos.
- Cómo buscar la ayuda de un adulto responsable y confiable.

¿QUIÉNES PARTICIPAN O ENSEÑAN EN tMHFA?

- Adolescentes entre 10mo. y 12vo. grado, o de 15 a 18 años.
- Las escuelas secundarias, las organizaciones que colaboran con una escuela secundaria y las organizaciones al servicio de los jóvenes son elegibles para enseñar en tMHFA.

Fuentes:

National Institute of Mental Health. (n.d.) *Statistics: mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

National Center for Health Statistics. (n.d.) *Adolescent health*. <https://www.cdc.gov/nchs/fastats/adolescent-health.htm>



PRIMEROS AUXILIOS DE SALUD MENTAL DE JÓVENES

¿POR QUÉ PRIMEROS AUXILIOS DE SALUD MENTAL DE JÓVENES?

Primeros Auxilios de Salud Mental de Jóvenes te enseña cómo identificar, entender y responder ante los signos de un problema de salud mental o de uso de sustancias en niños y adolescentes entre 12 y 18 años.

El **10.2%** de los jóvenes será diagnosticado con un trastorno por uso de sustancias en algún momento de su vida.

Fuente: Youth Mental Health First Aid**

1 DE CADA 5 adolescentes y jóvenes vive con una condición de salud mental.

Fuente: National Alliance for Mental Illness*

El **50%** de todas las enfermedades de salud mental comienza a los 14 años, y el 75 % a mediados de los 20.

Fuente: Archives of General Psychiatry***

¿QUIÉNES DEBEN SABER DE PRIMEROS AUXILIOS DE SALUD MENTAL?

- Maestros.
- Personal escolar.
- Entrenadores.
- Consejeros de campamento.
- Líderes de grupo de jóvenes.
- Padres.
- Adultos que trabajan con jóvenes.

¿QUÉ CUBRE PRIMEROS AUXILIOS DE SALUD MENTAL?

- Signos y síntomas más frecuentes de los problemas de salud mental en ese grupo de edades, entre los que se incluyen ansiedad, depresión, trastornos de la alimentación y trastorno de déficit de atención e hiperactividad (ADHD).
- Signos y síntomas más frecuentes de los problemas por uso de sustancias.
- Cómo interactuar con un niño o adolescente que experimenta una crisis.
- Cómo conectar al adolescente con la ayuda adecuada.
- Contenidos más extensos sobre trauma, uso de sustancias, autocuidado y el impacto de las redes sociales y el acoso.

Aprende cómo responder con el plan de acción de Primeros Auxilios de Salud Mental (REDES):

- R**iesgo de suicidio o autolesión.
- E**scuchar sin juzgar.
- D**ar información con respeto.
- E**stimular el uso de ayuda profesional adecuada.
- S**ugerir estrategias de autoayuda y de apoyo.

TRES MODALIDADES DE APRENDIZAJE

- **Presencial (2da. Edición)** – Los participantes reciben su entrenamiento durante una sesión presencial de 6,5 horas dirigida por un Instructor.
- **Semipresencial** – Los participantes primero finalizan un curso autoguiado en línea de 2 horas, y luego asisten a un entrenamiento de 4,5 a 5,5 horas dirigida por un Instructor.

El entrenamiento dirigido por el Instructor puede ser:

- » Una videoconferencia.
- » Una clase presencial.

Fuentes:

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA for adults assisting children and youth*. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593



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from NATIONAL COUNCIL FOR MENTAL WELLBEING®



MENTAL HEALTH FIRST AID FOR FIRE & EMS



Since completing training, I've noticed that there is more conversation about mental health among members of our team, and that is helping reduce the stigma associated with behavioral health issues. People at the Clifton Fire Department are using what they learned in the course in their personal lives as well as their professional lives."

— **Deputy Fire Chief
Michael Allora, Ret.,**
Clifton, NJ Fire Department

WHY MENTAL HEALTH FIRST AID?

Firefighters and EMS personnel are constantly exposed to traumatic events and life-threatening situations that can take a toll on mental health.

Strengthen your community and get your firefighters and EMS personnel certified in Mental Health First Aid for Fire/EMS, a trusted evidence-based and early intervention training program.

85%*

of first responders have experienced symptoms of mental health challenges.

Depression and PTSD are up to

5 TIMES*

more common in first responders.

57%*

of first responders fear negative repercussions for seeking help.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The relevance of mental health to the Fire/EMS community.
- Risk factors and protective factors specific to the Fire/EMS community.
- How to apply the MHFA Action Plan (ALGEE) in scenarios designed specifically for Fire/EMS professionals.
- National, regional and community mental health resources for Fire/EMS professionals and their families.

WHO SHOULD TAKE IT

- Firefighters
- EMS Personnel
- Members of the Fire/EMS community.
- Family members of the Fire/EMS community.

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

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

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MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION



It was clear to me we needed to do this [Mental Health First Aid]. I wouldn't let it go... My sense is we have a responsibility to pay close attention to the issues and look after our community [campus]."

— **Donald H. DeHayes**,
Provost and Vice President for Academic Affairs, University of Rhode Island

WHY MENTAL HEALTH FIRST AID?

Prepare your campus to address mental health and substance use challenges commonly experienced in higher education settings. Developed by people with lived experience of mental health challenges and professionals, this course teaches early intervention techniques and improves mental health literacy to help you understand, identify and respond to signs and symptoms of mental health and substance use challenges.

Our engaging training program will help you decrease stigma, address tough challenges, and allow your students, professors, and other school faculty to show up fully in their daily lives and support those around them.

88%*

of college students reported their school life to be stressful.

60%*

of college students met the criteria for at least one mental health challenge.

1/2*

of college students followed from freshman to junior year met criteria for at least one substance use challenge during that time.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The relevance of mental health to the campus community.
- Risk factors and protective factors specific to the higher education setting.
- Using the MHFA Action Plan (ALGEE) in scenarios designed specifically for faculty, administration and students.
- National, campus and community mental health resources.

WHO SHOULD TAKE IT

- Students ages 18 and up
- Faculty
- Resident advisors
- Academic and career advisors
- Campus clergy
- Financial aid employees
- Coaches and athletic personnel
- Administrators

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
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MENTAL HEALTH FIRST AID FOR OLDER ADULTS



A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council for Mental Wellbeing and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population.”

— **Ruth Kaluski**,
Director of Career Connection Employment Resource Institute at the Mental Health Association in New Jersey

WHY MENTAL HEALTH FIRST AID?

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

Whether you need to assist today or years from now, this certification gives you the confidence you need to have the conversations that will allow older adults to live as comfortably and independently as possible.

1 IN 4*

Older adults have a mental health condition.

More than **1 MILLION***

adults age 65 and up had a substance use challenge.

Males aged 75 and over have a **HIGHER RATE OF DEATH BY SUICIDE*** than any other group.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The unique impacts of mental health and substance use challenges on older adults.
- Risk factors and protective factors specific to older adults.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults.
- National, regional and community mental health resources for older adults and their caregivers.

WHO SHOULD TAKE IT

- Individuals who are a part of, connected to or support older adults and their families.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
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MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES



Mental Health First Aid strengthens the safety net for communities, especially our rural communities. In rural communities it is often hard to access and utilize professional help, so getting our communities trained increases the number of people able to recognize fellow community members who are struggling and support them. For many people, having someone who cares and can listen and provide reassurance and information may be all that they need to resolve the problem or ease the challenge.”

— **Michele Pilon**
MHFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

In rural communities, there are significant challenges in accessing mental health care. Mental Health First Aid for Rural Communities helps adults acknowledge and begin to address those disparities, as well as to identify the many unique strengths that come from living in a community of supportive neighbors, friends, and families.

22.7%*

of people in non-metropolitan counties have experienced a mental health condition.

CHRONIC SHORTAGES*

of mental health professionals exist in rural areas, as mental health providers are more likely to practice in urban centers.

Approximately

1.8 MILLION*

adults living in rural areas reported having serious thoughts of suicide in the previous year.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The unique impact of mental health and mental health challenges on adults living in rural communities.
- Risk factors and protective factors specific to rural communities.
- Applying the MHFA Action Plan (ALGEE) in scenarios that reflect the rural community members’ unique needs and experiences.
- National, regional and community mental health resources for rural communities.

WHO SHOULD TAKE IT

- Individuals who are a part of, connected to or support rural communities.

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
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- **Encourage** appropriate professional help.
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teen MENTAL HEALTH FIRST AID



When we first started the tMHFA training, I didn't think it would help me at all. However, I was surprised by how much I learned about taking care of my own mental health, being kind to those around me, supporting my friends through rough patches and how to potentially save a life."

—Ava Sapolski

Amherst Steele High School, Amherst, OH

WHY MENTAL HEALTH FIRST AID?

Build a powerful community of teens ages 15-18 by teaching them how to support a friend or classmate with the evidence-based teen Mental Health First Aid (tMHFA) course.

Adolescence is a time of critical change and development. It's when mental health challenges may first emerge and may be the cause for falling grades, problems with close relationships and substance use. Young people will be prepared to provide support for their peers as well as better cope with mental health challenges themselves.

tMHFA was brought to the United States by the **National Council for Mental Wellbeing** in partnership with **Born This Way Foundation**, and is tailored to the unique experiences and needs of young people. Its plain language ensures learners at all reading levels can easily follow along.

1 IN 5*

teens in the United States will experience a mental health challenge by the time they are 18.

64%*

of teens in the United States who experience mental health challenges don't seek help.

Suicide is the **THIRD-LEADING CAUSE OF DEATH***

for youth ages 15-19.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- How to open the conversation about mental health and substance use challenges.
- Common signs and symptoms of mental health and substance use challenges.
- The impact of school violence and bullying on mental wellbeing.
- How to seek the help of a responsible and trusted adult.

WHO SHOULD TAKE IT

- Teens in grades 10-12 or ages 15-18.

WHO SHOULD TEACH IT

- High schools, organizations partnering with a high school, youth-serving organizations.

Bring teen MENTAL HEALTH FIRST AID to your community

Visit **MHFA.org/Teens** for more information