Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

In-Person Course Outline *Adult MHFA Version 2.0.6*

The in-person Adult MHFA course is a live, Instructor-led training that consists of 10 learning segments. The course may be taught in a 8.5 hour session.

1. **Welcome to Mental Health First Aid**
   - Provide an overview of the course
2. **Mental Health & Mental Disorders**
   - Identify the impact of mental health and substance use challenges on the wellbeing of adults in the United States.
   - Explain that recovery from a mental health or substance use challenge is possible.
3. **Role of the Mental Health First Aider and Self-Care**
   - Describe the purpose of MHFA and the role of the Mental Health First Aider
   - Identify the importance of self-care
4. **Common Mental Disorders in the United States**
   - Increase awareness of common mental disorders in the United States.
   - Review the scope and role of a Mental Health First Aider.
5. **Recognizing Signs and Symptoms**
   - Recognize the signs and symptoms of mental health challenges that may impact adults.
6. **MHFA Action Plan (ALGEE)**
   - Learn the 5 step MHFA Action Plan (ALGEE).
7. **MHFA for Early Signs and Symptoms**
   - Learn the impact of early intervention on mental health and substance use challenges.
   - Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health or substance use challenge.
8. **MHFA for Worsening Signs and Symptoms**
   - Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows
   - Worsening signs of a mental health or substance use challenge.
9. **MHFA for Crisis Situations**
   - Apply the appropriate steps of the MHFA Action Plan (ALGEE) in crisis situations.
10. **Self- Care for the Mental Health First Aider**
    - Choose appropriate methods for self-care following the application of MHFA in a non crisis or crisis situation

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