

# Mental Health First Aid Training

## 8 Hour Course Agenda

- 8:00am**      **Session 1, Part 1**
- What Is Mental Health First Aid?
  - Mental Health Problems in the USA
  - The Mental Health First Aid Action Plan
  - Understanding Depression
  - Understanding Anxiety Disorders
- 10:00am**      **Break**
- 10:10am**      **Session 1, Part 2**
- Crisis First Aid for Suicidal Behavior & Depressive Symptom
  - What is Non-Suicidal Self-Injury?
  - Noncrisis First Aid for Depression and Anxiety
- 12:10pm**      **Lunch**
- 1:00pm**      **Session 2, Part 1**
- Crisis First Aid for Panic Attacks
  - Crisis First Aid for Traumatic Events
  - Understanding Disorders in Which Psychosis May Occur
  - Crisis First Aid for Acute Psychosis
- 3:00pm**      **Break**
- 3:10pm**      **Session 2, Part 2**
- Understanding Substance Use Disorders
  - Crisis First Aid for Overdose
  - Crisis First Aid for Withdrawal
  - Using Mental Health First Aid
  - Exam and Evaluation
- 5:10pm**      **End**