

## **Mental Health First Aid Training**

**Session Options: January 25, 2023 or February 28, 2023**

**8:30 AM—5:00 PM**

**Bangor Savings Bank, 5 Senator Way, Augusta, ME**

**Registration: \$195 per person**

***Space is limited to 25 participants per session!***

**[Register](#)**

Mental Health First Aid is a program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance abuse, bipolar disorder, eating disorders, and schizophrenia.

Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

- ◆ Assess for a risk of suicide or harm
- ◆ Listen non-judgmentally
- ◆ Give reassurance and information
- ◆ Encourage appropriate professional help
- ◆ Encourage self-help and other support strategies

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not take on the role of professionals—they do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions, like “what do I do?” and “where can someone find help?” Certified Mental Health First Aid instructors provide a list of community healthcare providers and national resources, support groups, and online tools for mental health and addiction treatment and support. All trainees receive a program manual to compliment the course material.

This program will be conducted by facilitators in conjunction with National Alliance on Mental Illness — Maine (NAMI-ME).