



OVERVIEW

Mental Health First Aid (MHFA) is an interactive 8-hour training course that presents an overview of mental illnesses and substance use disorders in the U.S. The course introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and reviews common treatments. Similar to traditional First Aid and CPR, MHFA is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

MHFA is an evidence-based public education and prevention tool which improves knowledge of mental health and substance use problems and connects people with care for their mental health or substance use problems. During each instructive period, attendees can expect to participate in educational and engaging activities to learn about mental health problems. The course offers a five-point action plan and easy to follow materials for non-clinicians to identify, understand, and provide initial help to individuals in crisis or showing symptoms of a mental illness or substance use disorder.

The course, developed by the National Council for Behavioral Health, provides a sensitive atmosphere, where participants can feel comfortable to discuss personal and hypothetical situations related to mental health.

TRAINING DETAILS

- Format: The MHFA course may be offered via:
 - One 8-hour session, with a break for lunch
 - Two 4-hour sessions, no more than two weeks apart for maximum retention
- Course may be taught for a group of 15 to 30 adults.
- Training includes manuals and all necessary teaching materials.
- Mental Health First Aid trainings involve frequent group interaction.
Provide tables to spread participants into equal small groups (3-5 people per group) throughout the training space.

FIVE-POINT 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

COURSE CONTENTS

This evidence-based course includes:

- The 8-hour training with a nationally certified instructor,
- 1 full color MHFA training manual (retailing at ~\$20) per participant,
- 1 certificate of completion (good for three years) per participant,
- A local mental/emotional wellness resource guide,
- 1 certificate and social media badge to promote your business' commitment to wellness, and
- Access to ongoing support and helpful resources and content via the GetSomeJoy network and wellness hub.

FOR MORE INFO OR TO BOOK A MENTAL HEALTH FIRST AID TRAINING

To inquire about arranging a Mental Health First Aid training in your workplace, church, school, community group, etc., contact Sir Alexander Hardy at mr.alexhardy@gmail.com, smoke signal, or via personal communication device at (347)927-1094.



ABOUT THE INSTRUCTOR:

New York City-based food-lover Alexander Hardy is a writer, mental health advocate, dancer, teacher, lupus survivor, and co-host of The Extraordinary Negroes podcast. He has written for Ebony Magazine, CNN.com, Esquire, Gawker, Courvoisier, The Huffington Post, VICE, Saint Heron, and Very Smart Brothas, and is a nationally certified Mental Health First Aid instructor. Alexander is a board member of the Center for LGBTQ Studies (CLAGS) at the CUNY Graduate Center and Founder and Creative Director of GetSomeJoy, a multimedia campaign and event series promoting mental and emotional wellness among Black and brown folks. Alexander does not believe in snow or Delaware.

presented by **getsomejoy.**