

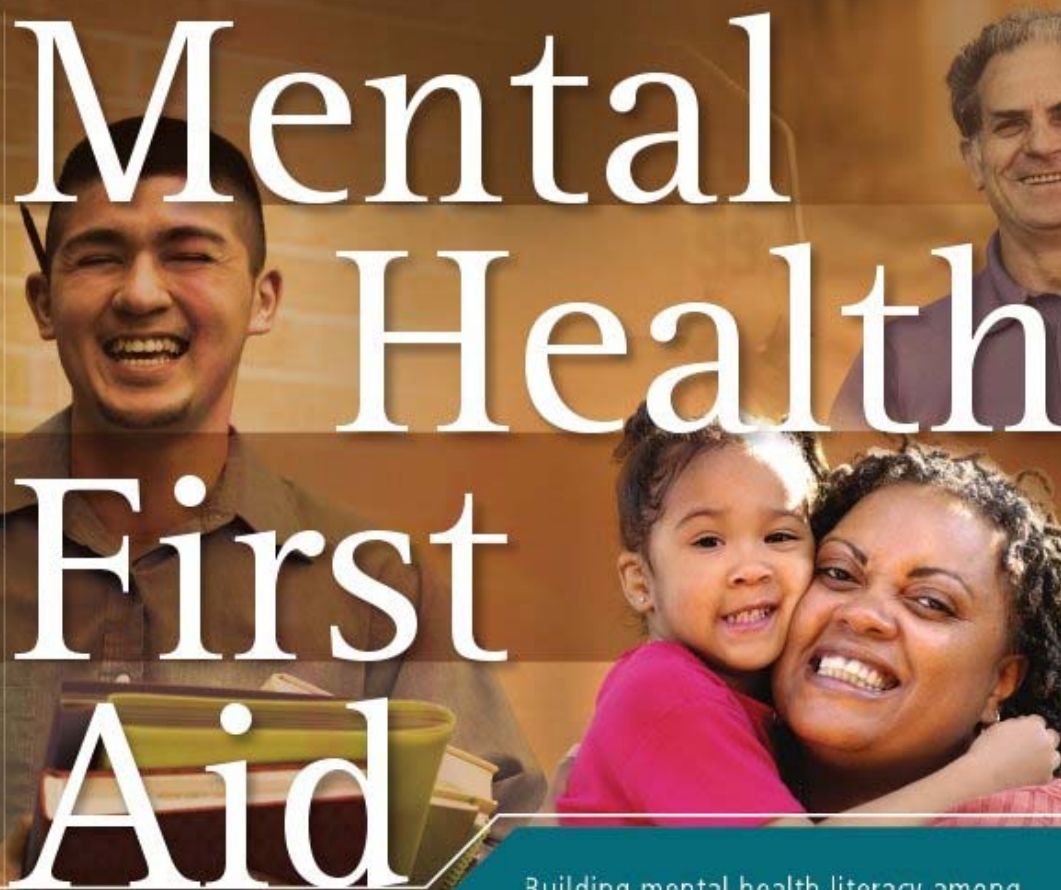
A 12-hour certification course designed to help communities

- >> Better understand mental illness
- >> Respond to psychiatric emergencies



MHMRA of Harris County

Mental Health First Aid



Building mental health literacy among

- >> Parents, families, and school administrators
- >> Primary care professionals
- >> Law enforcement officers
- >> Business leaders
- >> Human resources professionals

Learn how YOU can bring Mental Health First Aid into your community.

www.MentalHealthFirstAid.org

If Interested Please Contact:

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Mental Health First Aid Course

12 Hour Course

Two day course (6 hours per day 9am-4pm with an hour lunch break)

or

Four day course (3 hours per day 9-12pm or 1-4pm)

*All twelve hours must be attended in order to complete the course and receive a 3 year certification

SESSION 1 (3 hours)

- Why Mental Health First Aid?
- The Mental Health First Aid Action Plan
- Mental Health Problems
- What is Depression? Symptoms, Causes, Treatment and Resources
- Crisis First Aid for Suicidal Behaviour

SESSION 2 (3 hours)

- What are Anxiety Disorders? (PTSD, GAD, Social Phobia, Panic Disorder, Agoraphobia, OCD) Symptoms, Causes, Treatment and Resources
- Crisis First Aid for Panic Attacks
- Crisis First Aid for Acute Stress Reaction

SESSION 3 (3 hours)

- What are Psychotic Disorders? (Bipolar Disorder, Schizophrenia) Symptoms, Causes, Treatment and Resources
- Crisis First Aid for Acute Psychosis
- What is Substance Use Disorder? Symptoms, Causes, Treatment and Resources
- Crisis First Aid for Overdose

SESSION 4 (3 hours)

- What are Eating Disorders? Symptoms, Causes, Treatments and Recovery
- Crisis First Aid for Eating Disorders
- What is Self-Injury? Symptoms, Causes, Treatments and Recovery
- Crisis First Aid for Self-Injury