Fairfield County ADAMH — Mental Health & Recovery Matter

What is Mental Health First Aid?

✚ An 8-hour public educational training

✚ Help offered to a person developing a mental health problem or experiencing a mental health crisis

✚ Given until appropriate treatment and support are received or until the crisis resolves

✚ Not a substitute for counseling, medical care, peer support or treatment

What will you learn?

✚ Overview of mental health problems

- Depressive/Mood disorders
- Anxiety disorders
- Disorders in which psychosis occurs
- Substance use disorders

✚ Mental Health First Aid for crisis situations

✚ Mental Health First Aid for non-crisis situations

Why Mental Health First Aid?

✚ Mental health problems are common – one in four adults (approximately 61.5 million Americans) experiences mental illness in a given year

✚ Stigma is associated with mental health problems

✚ Professional help is not always on hand

- Individuals with mental health problems often do not seek help

✚ Many people…

- are not well informed about mental health problems
- do not know how to respond

Who should take it?

✚ Adult MHFA course is for individuals 18 years of age and older

Where can you be trained?

✚ Offered FREE of charge by Fairfield County ADAMH Board

✚ At various locations throughout Fairfield County

✚ Check the home page of ADAMH website (www.fairfieldadamh.org) for upcoming trainings

✚ Easy online registration or call the office (740-475-1984)

USA MENTAL HEALTH FIRST AID

Who created the course?

✚ Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health