

## MENTAL HEALTH FIRST AID

It's easy to tell when someone is having a heart attack, choking, or can't breathe. But what does depression or anxiety look like? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

According to the Anxiety and Depression Association of America (ADAA), depression is the leading cause of disability in the United States, affecting more than 16.1 million adults, 18 years or older. Similar to traditional First Aid, Mental Health First Aid provides assistance to someone experiencing a mental health or substance-use-related crisis until professional treatment is obtained.

People who provide Mental Health First Aid want to make their communities healthier, happier and safer for all. The following professionals should consider becoming certified:

- Educators/School Administrators
- Human Resources Professionals
- Members of Faith Communities
- Homeless Shelter Workers
- Nurses/Physician Assistants/Primary Care Workers
- Police/First Responders/Security Personnel
- Mental Health Authorities
- Policymakers
- Substance Abuse Professionals
- Social Workers

### COURSE INFORMATION

Students will be taught how to help others with mental health and/or substance abuse emergencies. Those who successfully complete the course will possess the important tools needed to identify and respond to signs of addictions and mental illnesses. They also will be taught a five-step action plan to help people who may be developing a problem or are already in a crisis. Assessing people's risk of harm or suicide, listening nonjudgmentally, giving reassurance and information, encouraging appropriate professional help, and encouraging self-help and other supporting strategies are an essential part of this course.



### CERTIFICATION

Students who successfully complete the eight-hour course will receive a Mental Health First Aid Certification. This credential will improve a student's ability to provide support to someone experiencing a mental health crisis and increasing her/his employability in their field of interest.

**Textbook and materials are included and will be distributed in class.**

**Instructor:** LaQuetta Solomon

**CE1 267 A1 Meets:** Saturday, November 2, 2019, 8:00 am – 4:30pm

**Fee:** \$145

For onsite group trainings, please contact the Center for Workforce Development at (516) 572-7487 and [cwd@ncc.edu](mailto:cwd@ncc.edu).



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