

MENTAL HEALTH FIRST AID



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Mental Health First Aid (MHFA) is an evidence-based training that teaches employees how to identify, understand and respond to signs of mental illnesses and substance use concerns or crisis in a work environment and how to guide a person toward appropriate care if necessary.

Wellness Council of Indiana staff members are trained as MHFA instructors to provide quality and timely virtual or in-person training to your organization.

Visit the Wellness Council of Indiana for future MHFA training dates or to make a request.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Course details:

- MHFA is a single day, eight-hour course
- Participants must complete a two-hour, online pre-work module ahead of the training
- Upon completion, individuals earn a three-year Mental Health First Aid certification

Employees will learn how to apply the five-step action plan:

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

Mental Health First Aiders are:

- senior leaders and front-line managers;
- human resources and benefits partners;
- clinical and wellness staff; and
- all employees dedicated to employee engagement, team building and resilience.

Mental health matters:

- Approximately 10.8 million full-time workers have a substance use disorder
- As many as 200 million workdays are lost each year due to mental health challenges
- Less than 10% of employees feel their workplace is free of stigma about mental health

Benefits of MHFA training:

- Reduces stigma around mental health, mental illness and substance use disorder
- Increases employees' mental health and substance use literacy
- Improves likelihood that employees will reach out to someone who may be facing a mental health or substance use challenge
- Teaches employees how to connect a distressed person with appropriate resources, in accordance with company policies



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