

# Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, First aid is YOU...But you might be wondering, "How do I get started?"

Riverside University Health System—Behavioral Health, thru the Mental Health Services Act, offers two Evidence-Based trainings, **Youth Mental Health First Aid** and **Adult Mental Health First Aid**. These trainings are **FREE** to the community at large.

## Youth Mental Health First Aid

**Youth MHFA** is an 8- hour training that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

### Who can attend?

Anyone 18 years old and older who has regular contact with young people ages 12-18. Teachers, coaches, social workers, faith leaders, support staff, and community partners.

### Learning Outcomes

Participants will be better able to:

- Learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis
- Learn risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, eating disorders, AD/HD and substance use disorder.

- Both Youth and Adult Mental Health First Aid Apply a five step action plan **ALGEE** (**A**ccess for risk, **L**isten, **G**ive reassurance, **E**ncourage professional and, **E**ncourage self-help)
- This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care.
- Certified Mental Health First Aid instructors provide a list of community healthcare providers and national resources, support groups, and online tools for mental health and addictions treatment and support.

## Mental Health First Aid USA

**Adult MHFA** is an 8- hour training that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. Course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis

### Who can attend?

Anyone who wants to learn how to help an individual who may be experiencing a mental health crisis. Minimum age is 18 years old.

### Learning Outcomes

Participants will be better able to:

- Prepares to interact with a person in crisis and connect the person with help
- Learn the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder and schizophrenia.
- Learn concrete tools and answers key questions, like "what do I do?" and "where can someone find help?"

**To register or for more information please contact:**

**Prevention and Early Intervention**

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