

Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

MENTAL HEALTH FIRST AID

Upcoming In-person Trainings for 2023

Learning Description


Mental Health First Aid introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and overviews common treatments. The course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources. Mental Health First Aid allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?” Participants are introduced to local mental health resources, national organizations, support groups, and online tools for mental health and addictions treatment and support. Mental Health First Aid USA is operated by the National Council for Behavioral Health. ***This course/training is not Eligible for CE credits.***

LEARNING OBJECTIVES:

- Provide an overview of the prevalence and impact of mental health problems in the United States
- Introduce the Mental Health First Aid Action Plan and how it fits within the array of interventions available to address mental health problems
- Provide an overview of the signs, symptoms, and possible risk factors and warning signs of depression and anxiety.

QUESTIONS? PLEASE EMAIL OR CALL

 dsamh.training@delaware.gov

 302-255-9480

TO REGISTER

EXTERNAL USERS:

Create OR access your existing DLC account via the new self-registration page and bookmark this link to log-in:
<https://stateofdelaware.csod.com/default.aspx?c=de-dsamh>

DHSS MERIT & C/S EMPLOYEES:

Access your existing DLC account via: ID.Delaware.gov

Once logged into DLC go to "Event Calendar" to select date and session



In-Person Training Dates

JULY 21, 2023

In-Person DSSC Milford Annex Conference Room
8am-4:30pm

AUGUST 8, 2023

In-Person Georgetown Public Library
Meeting Room A
8am-4:30pm

AUGUST 24, 2023

In-Person DelDot Central District Admin Building
Dover, DE
8am-4:30pm

AUGUST 31, 2023

In-Person Georgetown Public Library
Meeting Room A
8am-4:30pm