

## Mental Health First Aid | Frequently Asked Questions

### 1. What is Mental Health First Aid?

Answer: Mental Health First Aid is a course that gives individuals the skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

### 2. What do people learn in Mental Health First Aid?

Answer: Just as CPR training helps a person with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. In both situations, the goal is to help support an individual until appropriate professional help arrives.

### 3. What topics are covered in Mental Health First Aid?

Answer: Topics covered include depression and mood disorders, anxiety disorders, trauma, psychosis and substance use disorders. Trainees are taught how to apply the 5-step action plan in a variety of situations such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. An important component of the Mental Health First Aid course is the opportunity to practice the intervention strategy rather than to just learn about it.

**4. When are MHFA classes held and how much does it cost?**

Answer: The cost of the class is \$75. The self-study part of the class can be completed anytime between registering for the class and the date for live-instruction. Dates for live-instruction are:

<i>August 5</i>	<i>August 19</i>	<i>September 2</i>
<i>September 16</i>	<i>September 30</i>	<i>October 14</i>
<i>October 28</i>	<i>November 11</i>	<i>November 18</i>
<i>December 2</i>	<i>December 16</i>	

**5. Where is the MHFA class held?**

Answer: Mental Health First Aid is now 100% virtual and offers a blended learning model consisting of two parts. The first part is a self-study through the MHFA USA learning management system that focuses on the purpose of MHFA, role of the First Aider, substance abuse disorders and recovery strategies. It also includes an introduction of signs and symptoms of mental health challenges that impact adults. Learners typically spend about two hours on the self-study. *The self-study portion must be completed before a student can attend the second portion of the training.*

The second portion of the training includes live instruction by Brandi Alcacio, Goodwill's Certified MHFA instructor. In this part of the training, Brandi will cover depression and mood disorders, anxiety disorders, trauma, and psychosis. She will also outline the 5-step action plan that equips learners to provide first aid to an individual experiencing mental health distress.



## 6. How do I register?

Answer: Visit [www.GoodwillAR.org](http://www.GoodwillAR.org). Go to Programs and Services and click on The Academy. Scroll down until Mental Health First Aid appears. Click the Register Now button and complete the registration and payment form. Once you complete this process, Mental Health First Aid USA will email login information to register on their Learning Management System. This will give participants access to the self-study curriculum to complete before attending the live-instruction.

## 7. If I register and pay for the class, but have to cancel, can I get a refund or be moved to a following class?

Answer: Refund issues are handled on a case-by-case basis.

*For more detailed answers to your questions, please contact:*

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*Interested parties can also visit [MentalHealthFirstAid.org](http://MentalHealthFirstAid.org) to find out more information about the training!*