

Mental Health First Aid FAQ

1. What is Mental Health First Aid?

Answer: Mental Health First Aid is a course that gives people 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: MHFA classes are scheduled for February 21, March 13, April 24, and June 26 in Little Rock; MHFA is scheduled for May 29 in Rogers. It is a one-day class from 8:00 a.m. – 5:30 p.m. The individual cost of training is \$125 with group pricing available to

groups of 5 or more. Checks or Money Orders are acceptable forms of payment at this time.

5. Where is the MHFA class held?

Answer: MHFA is held at Goodwill's Resource Center (GRC) in Little Rock located at 7400 Scott Hamilton Drive. The Goodwill Resource Center in Rogers is located at 1301 N. Dixieland Road.

6. How do I register?

Answer: Registration forms are available at both GRC locations; a more convenient option is to email Academy@GoodwillAR.org to request a registration form.

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 to find out more information about the training!