



*** CELEBRATE ***

NATIONAL DAY *of* SERVICE

with **Mental Health First Aid**



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

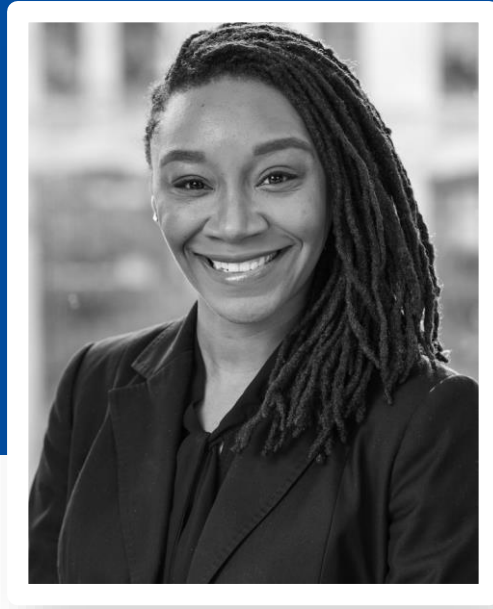
Helping Others, and Ourselves

Essential Tools for Promoting Mental Wellbeing in Challenging Times

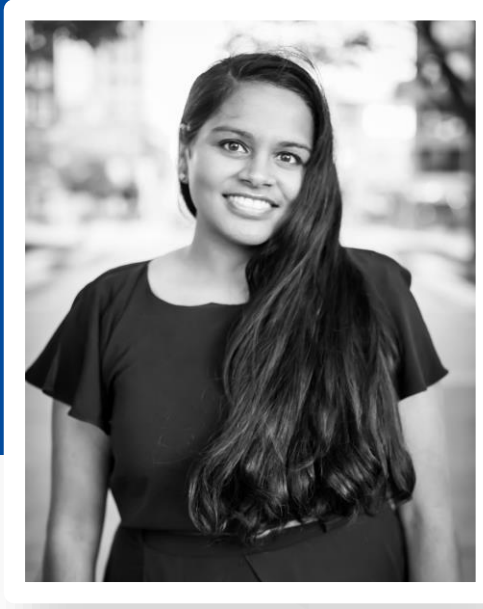
Monday, January 18, 2021 | 2-3 p.m. (ET)

[MHFA.ORG](https://mhfa.org) | [THENATIONALCOUNCIL.ORG](https://thenationalcouncil.org)

Presenters



Tramaine EL-Amin, MA
Assistant VP, Strategic Partnerships
Mental Health First Aid



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National Trainer,
Mental Health First Aid

Agenda

Introductions

Impact of Environmental Stressors on Mental Health

Mental Health First Aid Overview

Strategies for Self, Individuals, and Community

3, 2, 1 Reflection

Question & Answer

Poll

No contact with others

Worries about job duties, holding employment, financial constraints

Anticipation about the future and unsure how long this will continue?

Constant doom and gloom (*i.e. social media, news, etc.*)

Working all the time

Social and Community Stressors

Merged roles and constant multitasking (*employee, parent, spouse, managing families, schooling*)

Lack of / no socialization with sick/older relatives

Lack of control over the situation

Stressors



Pandemic Stress



Social Injustice



**Compounding
Stressors**

Signs & Symptoms



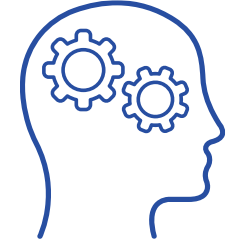
- Withdrawing from family and friends
- Absenteeism or “presenteeism”
- Odd or erratic behavior



- Tired-looking
- Disheveled clothing
- Appearing more unkempt than usual for the person
- Declining personal hygiene
- Cuts or bruises in various stages of healing



- No longer enjoying work, activities, or hobbies
- Increasing sadness
- Increasing worry
- Hopelessness or despair
- Anger or rage



- Difficulty concentrating or focusing at home, school, or work
- Indecisiveness
- Increasing self-blame or self-criticism
- Distorted body image
- Thoughts racing or mind going blank

How Can I Help?



Self



**My Friends,
Family Members and
Colleagues**



My Community

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

We are the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services.

The National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery.

The National Council introduced **Mental Health First Aid** to the United States in 2008.



2.5 Million

Mental Health First Aiders

Trained!



Mental Health First Aid® is the help offered to a person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

Mental Health First Aid® does not teach people to diagnose or to provide treatment.



MENTAL
HEALTH
FIRST AID

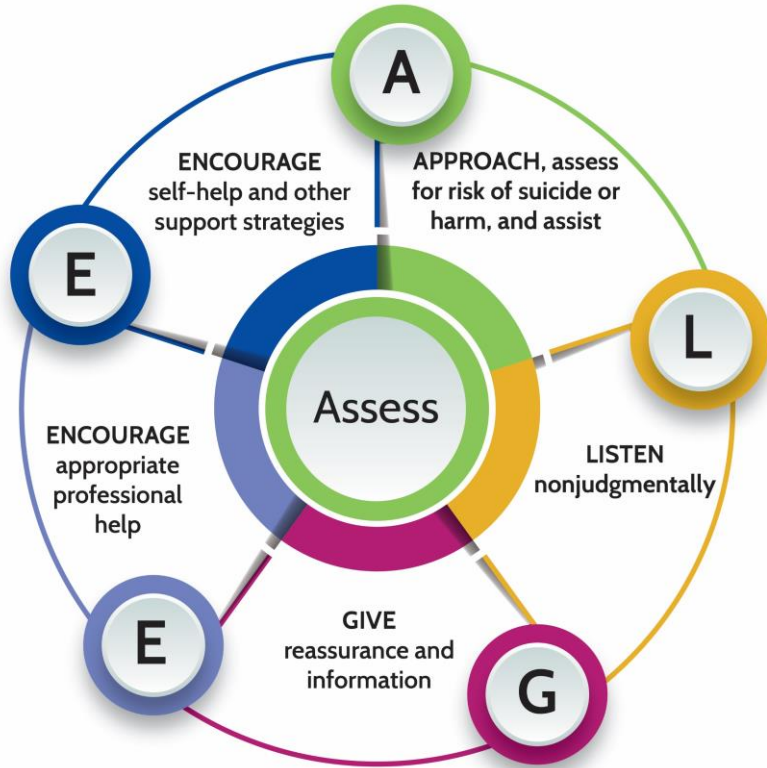
Why MHFA?

Identify individuals experiencing signs and symptoms sooner.

Inform individuals and their families of local supports available in their community.

Improve coordination with existing mental health supports and resources.

Curriculum Overview



- **Risk factors and warning signs** of mental health and substance use problems.
- **Information** on anxiety, depression, trauma, substance use (including opioids), non-suicidal self-injury, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.
- **A 5-step Action Plan** to help someone who is developing a mental health problem or is in crisis.
- Available evidence-based professional, peer and self-help **resources**.



Visit: [MHFA.org](https://www.mhfa.org) for additional information

Delivery Options

- **Adult** 18+
 - **Youth** Adults → K-12
 - **Teen** Teens → Grades 10-12
-
- *Public Safety*
 - *Higher Education*
 - *Veterans*
 - *Fire/ EMS*
 - *Older Adults*



In-Person*

Virtual

Blended

Evidence

- ▲ Increased **confidence** and **likelihood** to perform the MHFA Action Plan
- ▲ People with minimal or no past mental health training **gained the most knowledge.**
- ▲ **Reduction in negative attitudes** toward youth with mental health concerns
- ▲ Increased **intentions to engage** in help-seeking behavior with high-risk students.
- ▲ **More confident helping a peer** with a mental health challenge.
- ▲ **Less psychological distress** after receiving tMHFA training.

National Strategic Growth

**BORN THIS WAY
FOUNDATION**
EMPOWERING YOUTH
INSPIRING BRAVERY



How Can I Help?



Self



**My Friends,
Family Members and
Colleagues**



My Community

Self-care Poll

Exercise
Stay Active

Reading

Set limits on
media exposure

Reduce your
caffeine Intake

Spend Virtual
Time with Friends
and Family

Time in nature

Learn to Say No

Set aside time to
DO NOTHING

Learn something
new

Yoga/Martial Arts

Declutter

Practice
mindfulness

Sleep

Listen to soothing
music

Deep breathing

Spend time with
your pet

Resource for Self-care



Family | Friend | Colleague

WHAT ARE HELPFUL AND UNHELPFUL APPROACHES?

- 1.** I understand and know exactly what you are going through. That happened to me two years ago.
- 2.** I am concerned about you.
- 3.** You'll get over it, you've just got to ignore it and get on with life.
- 4.** You' ll feel differently tomorrow.
- 5.** It's such a beautiful day outside. How can you feel so sad?
- 6.** How long have you been feeling like this?
- 7.** Have you spoken to anyone about this before?
- 8.** Pull yourself together.
- 9.** Is something bothering you?
- 10.** You haven't been joining us lately at coffee break — are you okay?
- 11.** It is hard for me to understand exactly what you are going through, but I can see that it's distressing for you.
- 12.** Let's go and have a cup of tea.
- 13.** Something seems to be bothering you. Do you want to talk about it?
- 14.** I 'd like to stop and talk, but I've got to go. I'll give you a call later.
- 15.** You're here to work and have a job to do. It is time ot get on with it.

Family | Friend | Colleague

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Resources for Family | Friend | Colleague

Emergency Contact Information



NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255) [24/7 Hotline]
1-888-628-9454 (Spanish)
1-800-799-4889 (TTY)
This hotline is available 24 hours a day.



CRISIS TEXT LINE

Text 741741 to speak to a compassionate, trained crisis counselor, a volunteer who has been trained to help with problem solving and will address the caller's situation.



Visit [MHFA.org](https://www.mhfa.org) for additional [resources](#).

Resources Related to Mental Health Challenges and the COVID-19 Pandemic

National Suicide Prevention Lifeline

800-273-TALK (8255)

Crisis Text Life

Text "MHFA" to 741741.

Disaster Distress Helpline

800-985-5990
TTY: 800-846-8517

The Disaster Distress Helpline can provide immediate counseling to anyone who is seeking help in coping with the mental or emotional effects caused by developments related to the coronavirus pandemic. It's a 24-hour-a-day, seven-day-a-week free resource.

National Domestic Violence Hotline

800-799-7233
TTY: 800-787-3224

<https://www.thehotline.org/>

The National Domestic Violence Hotline website has a chat feature. You can use the website if you are not concerned about someone seeing your browsing history.

Centers for Disease Control and Prevention: Coping with a Traumatic Event

<https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>

U.S. Department of Veterans Affairs: National Center for PTSD

<https://www.ptsd.va.gov/index.asp>

The National Child Traumatic Stress Network

<https://www.nctsn.org/about-us/national-center>

Centers for Disease Control and Prevention: Coping with Stress

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

10 Mental Health Tips for Coronavirus Social Distancing

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Coping with Coronavirus Anxiety

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

Information About COVID-19

Johns Hopkins University and Research Center

CORONAVIRUS RESEARCH CENTER
<https://coronavirus.jhu.edu/>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Information About COVID-19 and Health Equity

Coronavirus Equity Considerations

<https://naacp.org/coronavirus/coronavirus-equity-considerations/>

Myths & Facts

Many people have a long delay between developing a mental health challenge and getting connected to appropriate treatment and support.

People are more likely to seek help if someone close to them recommends it.

Mental disorders are not common.

Culture is a key influence in how we understand health, health care options, and decisions.

Reducing stigma is not important. Language doesn't matter.

Myths & Facts

FACT!

The longer the delay, the more difficult recovery can be.

FACT!

MYTH!

Prevalence data indicates that 1 in 5 people have a mental health challenge.

FACT!

MYTH!

Language matters. Stigma can have significantly impact people getting support for mental health **challenges**.

Community Resources

1. Go to [MHFA.org](https://www.mhfa.org) and click “Find a Course.”
2. Search by City, State or by ZIP code and select the search area (“Distance from Me”).
3. A list of courses will appear. Click “Download to Excel” to download search results.
4. To see a list of Instructors, click the **Instructors tab**. If desired, **filter Instructors** by Certification. Click “Download to Excel” to download search results.

The screenshot shows the MHFA.org website interface. At the top, there is a navigation bar with links for 'TAKE A COURSE', 'BE AN INSTRUCTOR', 'BE THE DIFFERENCE', 'ABOUT', 'NEWS', and 'PARTNERS'. Below this is a search bar with a location dropdown set to 'Arlington, VA, USA' and a distance dropdown set to '25 miles'. A 'FIND COURSES' button is visible. Below the search bar, there are two tabs: 'Courses' and 'Instructors'. A 'Download Search Results' button is also present. Below the tabs, there are filter options for curriculum type: 'All Course Certifications', 'Adult', 'Youth', 'SpanishAdult', and 'SpanishYouth'. A 'DOWNLOAD RESULTS TO EXCEL' button is located below the filters. Below the filters, there is a table of search results with columns for 'INSTRUCTOR', 'CERTIFICATIONS', 'ORGANIZATION', 'TITLE', 'CITY, STATE', and 'DISTANCE'. The table lists several instructors and their details.

Click tabs to see either Courses or Instructors

Download Search Results

Click to filter by curriculum type (optional)

Click to filter by module type (optional)

INSTRUCTOR	CERTIFICATIONS	ORGANIZATION	TITLE	CITY, STATE	DISTANCE
Jakatae Jessup	Y	Shelby County Schools	School Psychologist	Arlington, Tennessee	0 mi View map
Mary Dolby-McDonald	Y	Arlington Public Schools	Virginia Licensed Clinical Social Worker	Arlington, Virginia	0.6 mi View map
Cristin Miller	Y		School Psychologist	Arlington, Virginia	0.6 mi View map
Teresa George Gordon	Y	Arlington Public Schools	Psychologist	Arlington, Virginia	0.6 mi View map
Shannon Starke		L		Arlington, Virginia	0.8 mi View map
Gregory Myers	Y	Arlington Public Schools	School Psychologist	Arlington, Virginia	0.9 mi View map
Magali Olander	Y	Web Portal	Social Worker	Arlington, Massachusetts	0.9 mi View map

Resources

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH



**American
Foundation
for Suicide
Prevention**

 **NAMI**
National Alliance on Mental Illness

THE **TREVOR** PROJECT

3-2-1 Reflection

3

**Ways to
increase
self-care**

2

**Ways to
support
individuals**

1

**Way to
support my
community**



QUESTIONS

Visit [MHFA.org](https://www.mhfa.org) or [TheNationalCouncil.org](https://www.thenationalcouncil.org)
for additional information.

Contact Us:
MHFA_service@thenationalcouncil.org



#MHFA #BETHEDIFFERENCE