

## What is the Mental Health First Aid Blended/Virtual course?

**Mental Health First Aid Blended/Virtual course** is a free, 2 to 4 hour self-paced online course with a virtual course of 5.5 hours with trained instructors. Both segments must be completed fully and in that order, for the individual to receive their Mental Health First Aid certificate. Mental Health First Aid is an early intervention public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services.

**NAMI Urban Los Angeles**, the local organization of the National Alliance on Mental Illness, will offer its Mental Health First Aid Online/Virtual course on **November 6, 2020**.

Again, you **MUST** complete the self-paced portion before the virtual course that will take place on **November 6, 2020 Friday, 11:00 AM to 4:30 PM** through ZOOM. **MAX of only 20 participants**; Participants registration is needed on **October 20, 2020 Tuesday**.



### The course will teach you how to apply the ALGEE action plan

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

**Contact us to register or for more information !**

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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Urban Los Angeles is an affiliate of NAMI California. NAMI Urban Los Angeles and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

**CLASS 1:** Must complete self-paced first... the individual will have time to complete before the virtual course

# BLENDDED COURSE OUTLINE

**MHFA Introduction:** The 2-hour Mental Health First Aid Introduction is composed of five learning segments. Participants take this course through the MHFA Learning Management System.



Segment	Topic
1	Overview of Mental Health First Aid
2	Mental Health and Mental Disorders
3	Role of the Mental Health First Aider and Self-care
4	Common Mental Disorders in the U.S.
5	Recognizing Signs and Symptoms

**CLASS 2:** On Friday, November 6 2020, virtual course portion will take place (REMINDER: only participants who finished the online self-portion before the virtual course date will be able to attend the virtual class and obtain their certificate.)

**MHFA Skills Application:** The 5.5-hour Mental Health First Aid Skills Application portion of the course is composed of seven learning segments. Participants are eligible to take this portion of the course after completing the 2-hour Mental Health First Aid Introduction.



Segment	Topic
1	Welcome to Mental Health First Aid
2	MHFA Self-paced Introduction Recap
3	ALGEE: Mental Health First Aid Action Plan
4	MHFA for Early Signs and Symptoms
5	MHFA for Worsening Signs and Symptoms
6	MHFA for Crisis Situations
7	Self-care for the Mental Health First Aider