



- 8:00am**      **Session 1, Part 1**
- *What Is Mental Health First Aid?*
  - *Mental Health Problems in the USA*
  - *The Mental Health First Aid Action Plan*
  - *Understanding Depression*
  - *Understanding Anxiety Disorders*
- 10:00am**      **Break**
- 10:15am**      **Session 1, Part 2**
- *Crisis First Aid for Suicidal Behavior & Depressive Symptom*
  - *What is Non-Suicidal Self-Injury?*
  - *Noncrisis First Aid for Depression and Anxiety*
- 12:15pm**      **Lunch**
- 1:15pm**      **Session 2, Part 1**
- *Crisis First Aid for Panic Attacks*
  - *Crisis First Aid for Traumatic Events*
  - *Understanding Disorders in Which Psychosis May Occur*
  - *Crisis First Aid for Acute Psychosis*
- 3:15pm**      **Break**
- 3:30pm**      **Session 2, Part 2**
- *Understanding Substance Use Disorders*
  - *Crisis First Aid for Overdose*
  - *Crisis First Aid for Withdrawal*
  - *Using Mental Health First Aid*
  - *Exam and Evaluation*
- 5:30pm**      **End**

*\*The above reflects a one-day course agenda. The course can be taught over two days or more, but all 8 hours of content must be included. Any agenda should factor in break times for participants.*