Mental Health First Aid Sample Course Agenda

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.*