



Veterans Mental Health First Aid

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OBJECTIVES

- Teach the risk factors and warning signs of mental health concerns
- Discuss a 5-step action plan to assist someone in mental health crisis
- Provide evidence-based professional resources.

RESEARCH

- Twenty-two veterans die by suicide everyday
- Half of all case of behavioral health concerns are untreated
- Nearly 1 in 4 active duty veterans have a mental health condition

WHO SHOULD TAKE COURSE

- Military members
- Veterans
- Families and friends of military members or veterans
- Community members
- All employees of the Veterans Administration
- College leaders
- Nurses/physicians
- Social Workers
- Substance Abuse professionals
- Public Safety personnel

VETERANS MENTAL HEALTH FIRST AID

- 8-hour training that teaches how to assist someone who is developing a mental health crisis
- Participants are trained to identify, understand, and respond to signs of mental illness and addictions
- Course instructors are certified Mental Health First Aid USA instructors
- Who complete a 5-day training and meet certification requirements



BENEFITS OF MHFA TRAINING

- To be prepared: Just as you learned CPR, learn how to assist in a mental health crisis
- Mental illnesses are common: 1 in 5 adults in any given year
- You care: be there for a friend, family member, or colleague
- You can Help: people with mental illness often suffer alone

CONCLUSION

- Enhance community level knowledge to identify mental health and substance abuse issues early
- Increase awareness of and refer people to resources
- Decrease any negative opinions about individuals living with a mental health or substance abuse concern

REFERENCES

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