



MENTAL HEALTH FIRST AID

Full Day of Training for Library Staff

Wednesday, October 19th

9:30 am — 5:30 pm

UHLS: 28 Essex Street, Albany NY 12206

CE Contact Hours: 8 | Limit: 30



Registration required:
deanna.dicarlo@uhls.lib.ny.us

Because we work in public buildings, there will likely be times when you need to know how to best assist a library patron you think might be exhibiting warning signs of a mental health crisis.

This training is an opportunity to learn how to best refer community members showing signs of duress.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews supports.

This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating and schizophrenia.

COURSE DETAILS

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Certified Mental Health First Aid instructors will provide a list of community healthcare providers and national resources, support groups, and online tools for mental health and addictions treatment and support. All trainees will receive a program manual to compliment the course material.
