

To reserve a course call
352-374-5600 ext. 8187

Prices vary based on location and group size

Meridian's Mission:

To promote recovery and offer solutions to those facing mental illnesses, addictions, and other social challenges.

Meridian's Service Area



- Alachua
- Bradford
- Columbia
- Dixie
- Gilchrist
- Hamilton
- Lafayette
- Levy
- Putnam*
- Suwannee
- Union

* CSU Only



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 NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE



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THE RITTER FOUNDATION INC.
MENTAL INSIGHT FOUNDATION



Mental Health First Aid

A COMMUNITY NEED



www.mbhci.org

MENTAL HEALTH FIRST AID

Regular First Aid courses teach you the initial help to give to an injured or ill person before professional help can be reached. Similarly Mental Health First Aid is the initial help given to someone experiencing a mental health or emotional problem before professional or other support help is obtained or a referral can be made. This may be a crisis situation or when a person is experiencing a difficult emotional situation or developing a mental illness.

The goal of the Mental Health First Aid course is to demystify the whole topic of emotional stress affecting one's daily functioning or mental illness—i.e. to increase mental health literacy and to decrease the stigma.

Just like regular First Aid this course does not teach you to be the professional, the therapist, the counselor or the diagnostician.



WHY MENTAL HEALTH FIRST AID?

- Mental Health issues are common;
- There is stigma associated with Mental Health issues;
- Many people are not well informed about mental health issues;
- Professional help is not always on hand;
- and
- People often do not know how to respond.

There are five (5) actions in the Mental Health First Aid Action Plan:

1. Assess Risk of Suicide or Harm
2. Listen Non-judgmentally
3. Give Reassurance and Information
4. Encourage Person to get Appropriate Professional Help
5. Encourage Self-Help Strategies.

MENTAL HEALTH FIRST AID IS A 12 HOUR COURSE AND MAY BE DONE IN TWO 6 HOUR SESSIONS OR 4 THREE HOUR SESSIONS

The topics include:

1. What are Mental Health and Emotional Problems
2. What is Depression
3. Crisis First Aid for Suicidal Behavior
4. What are Anxiety Disorders, Panic Attacks, and Acute Stress Reaction
5. What Are Psychotic Disorders
6. What is Substance Abuse Disorder
7. What are Eating disorders; and
8. What is Self-Injury

DO YOU KNOW WHAT TO DO IN THE FOLLOWING SCENARIOS?

1. Your friend was a victim of physical assault and has since been diagnosed with an anxiety disorder. You are with her when she breaks into a sweat, doubles over as if in pain and starts to hyperventilate.
2. Your teenage son seems to be anxious, suspicious, and irritable most of the time. He has the most bizarre plans for the future and he is acting as if he has not slept for a week.
3. Your best friend has used marijuana regularly since you were both in high school and she also drinks occasionally. Lately she has become confused and anxious. She talks a lot of nonsense and she seems to have undergone a complete personality change.
4. You are at work when your ex-boyfriend calls. He sounds really depressed and he says he wants to kill himself.
5. A fellow employee seems to have recently lost all pride in his appearance and enthusiasm for life. His speech is sluggish at times, he states he “just feels sad all the time,” and tells you he has given away his favorite possessions.
6. You are at a work party when one of the attendees suddenly becomes violent. She has a knife and it is obvious that she is responding to voices only she can hear.

