

The Importance of Mental Health First Aid Training

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Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

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Australia

- MHFA originated in Australia in 2000
- 25 countries across the globe
- Adult program came to the US in 2008
- Youth program followed soon after
- ALGEE is the program's mascot



What is MHFA?

Mental Health First Aid (MHFA) is an evidence-based training program that teaches individuals how to recognize signs of mental health problems and substance use disorders, and how to offer initial support and connect people with appropriate care.

What Mental Health First Aid Is Not

- **MHFA does not teach how to diagnose.**
- **MHFA is not therapy.**
- **MHFA is not specialized crisis intervention training.**
- **MHFA is not a one-size fits all solution** – it encourages referrals to appropriate support.

How Common Are Mental Health Disorders?

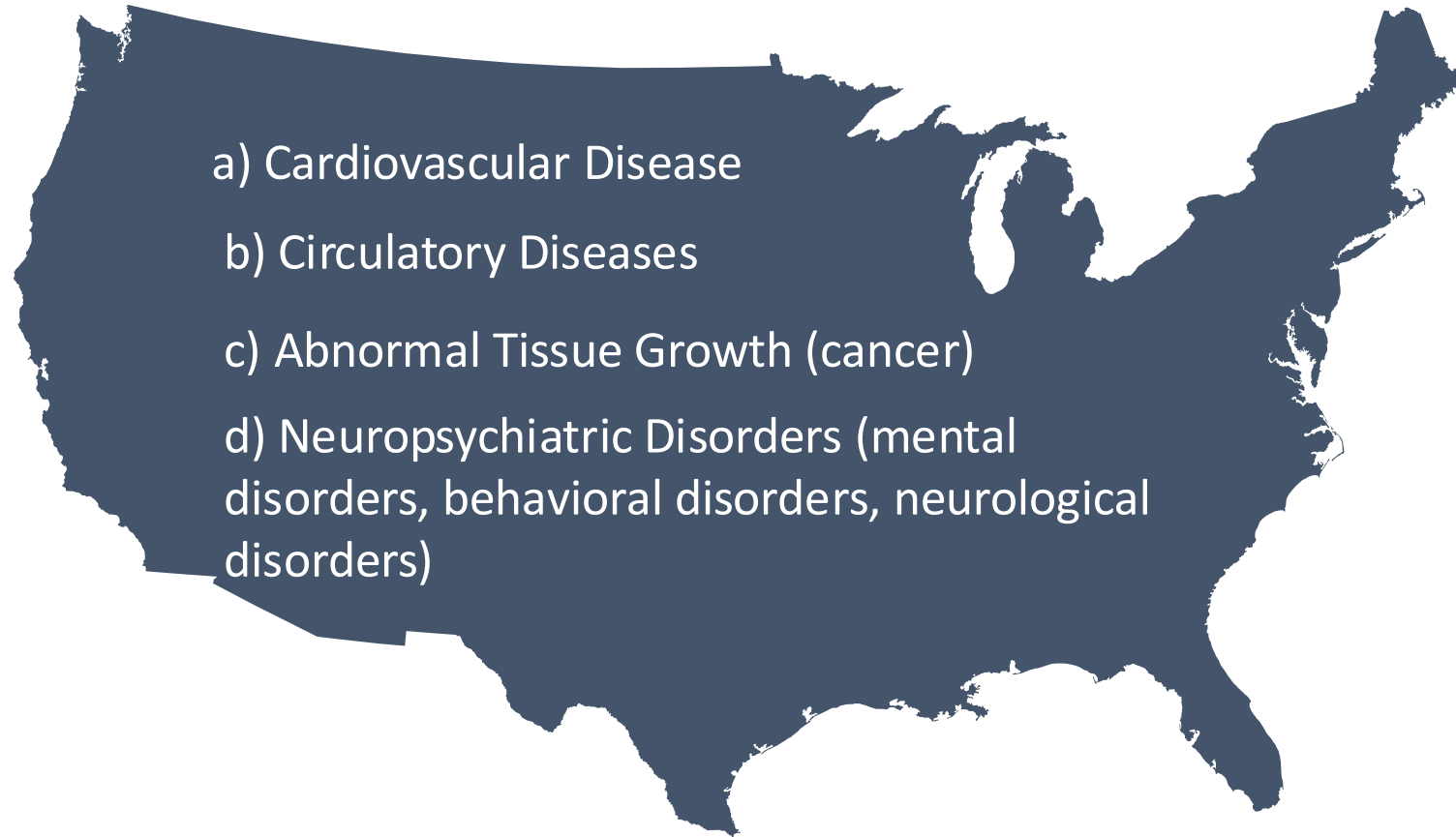
- Approximately **1 in 5 adults in the United States are diagnosed** with a mental disorder in a single year.
- **Almost half of all U.S. adults will experience a mental health challenge** at some point over the course of their lifetime.



Disease Burden

- Disease burden is a concept developed by the Harvard T.H. Chan School of Public Health, World Health Organization (WHO), and World Bank.
- It is important to calculate because it gives **meaningful data about the impact of different illnesses and conditions.**

What is the Leading Cause of Disability in the US?



- a) Cardiovascular Disease
- b) Circulatory Diseases
- c) Abnormal Tissue Growth (cancer)
- d) Neuropsychiatric Disorders (mental disorders, behavioral disorders, neurological disorders)

Mental Health First Aid

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use challenges.

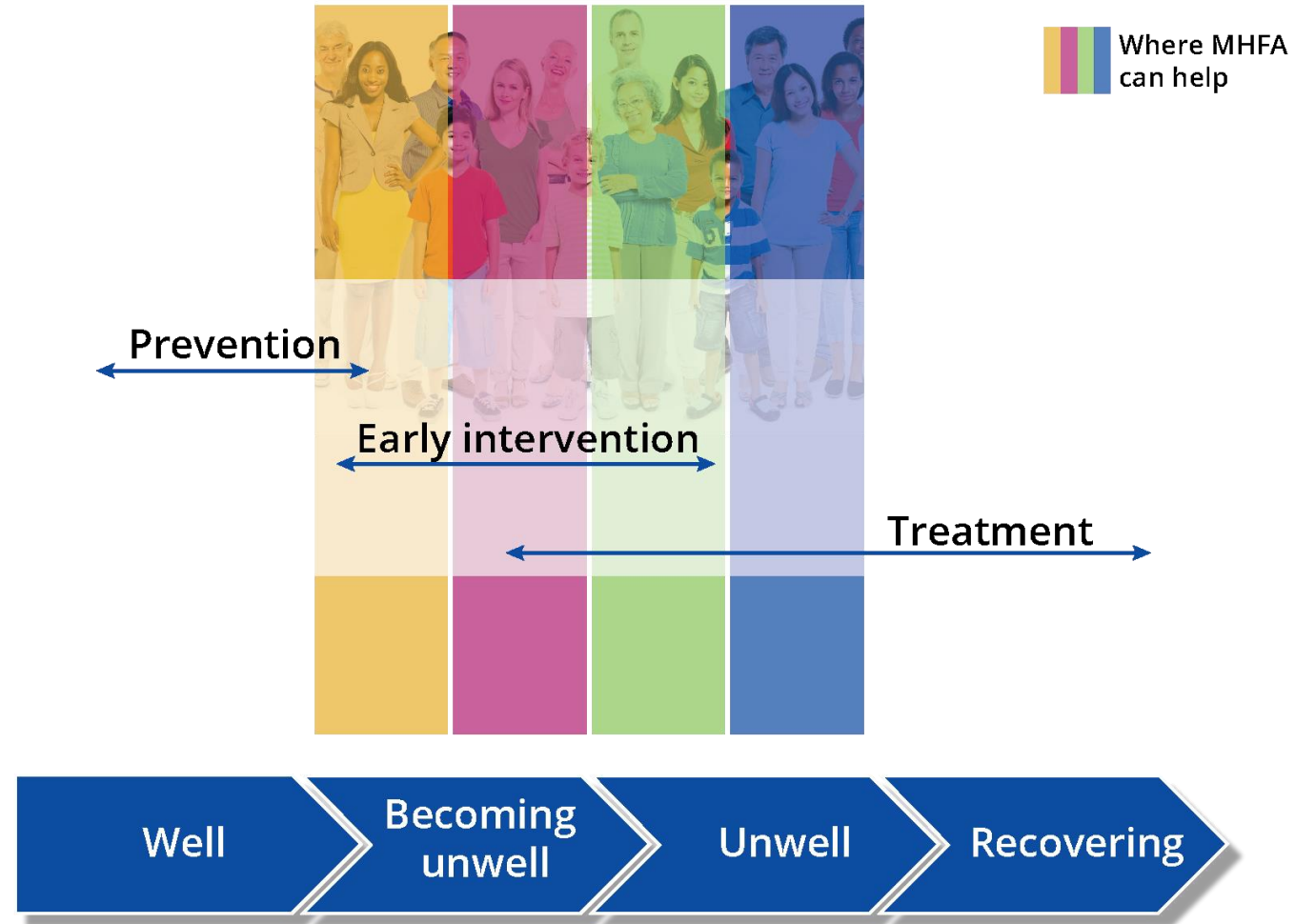
Create a new
path of
resilience and
well-being

Reduce stigma
and
discrimination

Improve
overall
psychological
safety

Address
mental health
and substance
use
challenges

Spectrum of mental health interventions showing the contribution of MHFA



What Participants Learn



Risk factors and warning signs of mental health and substance use challenges



Information on depression, anxiety, trauma, psychosis and substance use



A 5-step Action Plan to help someone developing a mental health or substance use challenge



Available evidence-based professional, peer and self-help **resources**

Noticing Signs & Symptoms



Represents **observable physical changes** (how a person appears) that a Mental Health First Aider might notice.



Represents **behaviors** a Mental Health First Aider might notice.

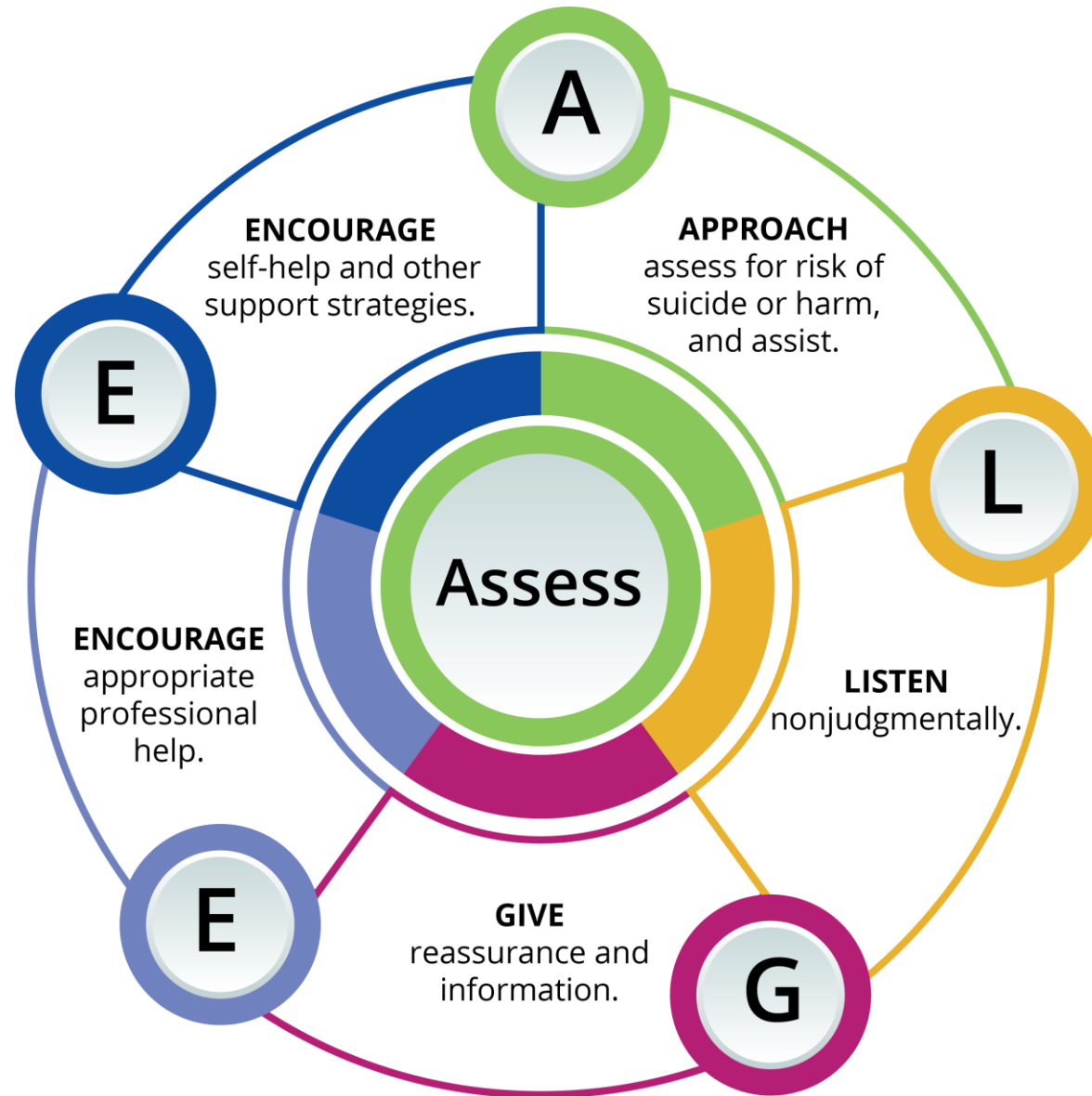


Represents **feelings and emotions** that a Mental Health First Aider might notice.



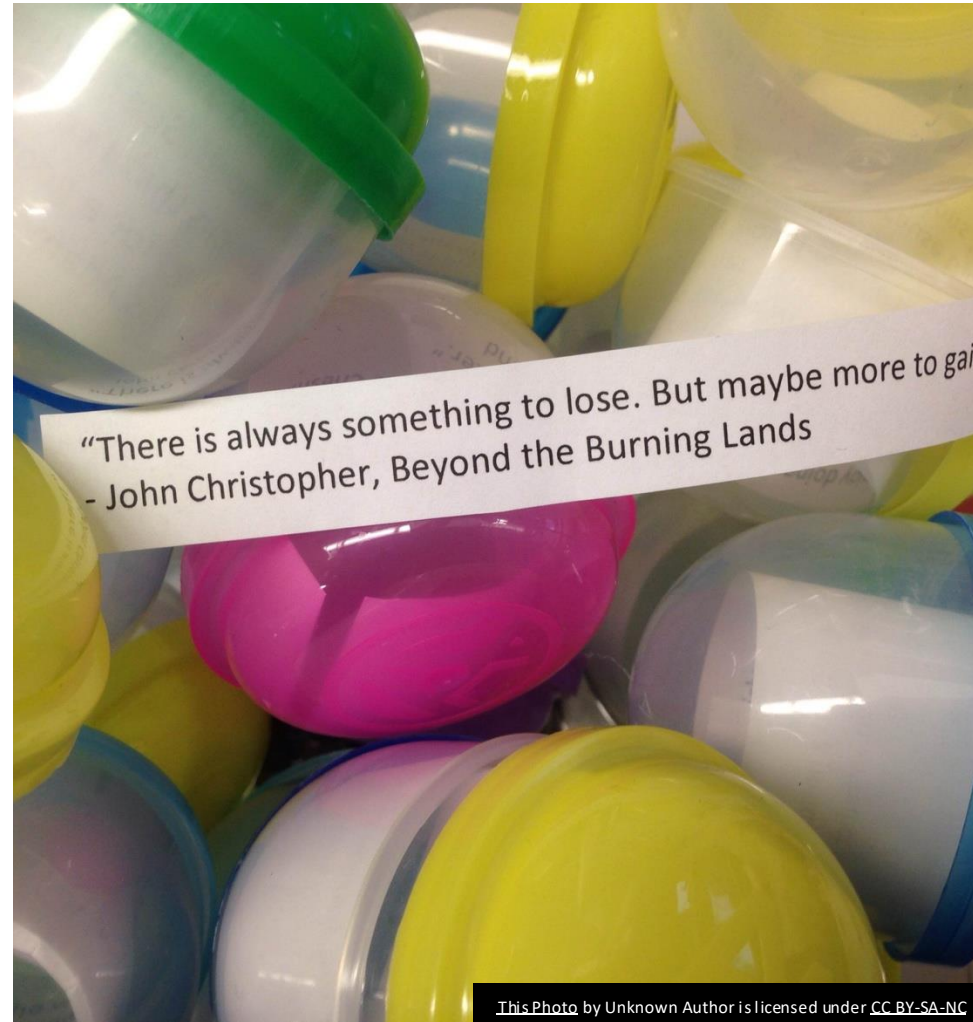
Represents **thought patterns** that a Mental Health First Aider might notice.

MHFA Action Plan (ALGEE)



ALGEE CAPSULE ACTIVITY

1. Have one person from your table get a bag of capsules.
2. Work with your table team to decipher each ALGEE step symbolized by the picture.
3. When your team is confident they can identify the ALGEE steps, stand up.



ACTIVITY

Approach assess for risk of suicide or harm, and assist.



Listen nonjudgmentally.



Give reassurance and information.



Encourage appropriate professional help.



Encourage self-help and other support strategies.



Mental Health First Aid Works



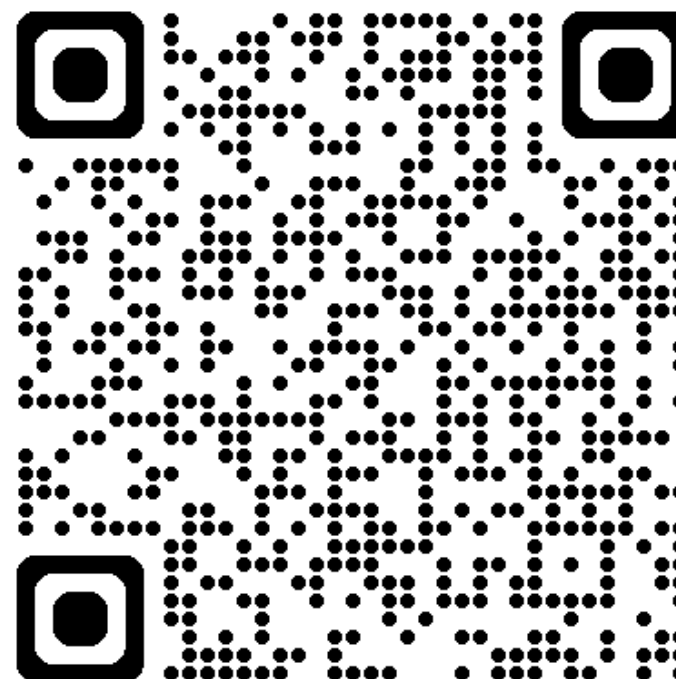
- So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is – it is help to get people connected to care and ultimately to get them to a better place.” – Tousha Paxton-Barnes

To Schedule A Training:

Go to:


<https://www.afmc.org/tipp-training>

or click on the QR code



English

TIPP Training



TIPP supports various community-based organizations by providing public awareness, education, and support through focused trainings on positive and compensatory experiences (PACES), social determinants of health (SDOH), health access, and mental health, among other related topics.

To learn more about AFMC's training options, please email aces@afmc.org.

TIPP Training Sessions

YOUTH MENTAL HEALTH FIRST AID	▼
ADULT MENTAL HEALTH FIRST AID	▼
ADVERSE CHILDHOOD EXPERIENCES 101	▼

ACES EVENTS

Jun 28
Adult Mental Health First Aid Training (June 28)
Nov 12
PACES Coalition Meeting

ACES RESOURCES



Thank You

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