

## What is Mental Health First Aid?

We often train people to know CPR or the Heimlich maneuver or first aid. But you're just as likely to come in contact with someone who is suffering from an emotional crisis.

Mental Health First Aid is a 12-hour course that teaches people how to identify different types of mental illness such as depression, anxiety disorders, eating disorders and substance abuse. As with any first aid class, there is an action plan to help someone in crisis --People learn how to assess the person for risk of harm or suicide, listen non-judgmentally, give reassurance, and encourage the person to seek professional help.

## What is the goal of Mental Health First Aid?

The goal is to get people access to care if they are facing a mental health issue. If people are trained to identify and help someone facing a mental health crisis, they can get the person professional care.

## Why does Optum offer this training?

Optum's goal is to help people facing a mental illness reach long-term recovery. By training people to assist someone facing a mental health crisis we increase the chances that the person in need gets help.

## How can someone find out more information on attending a Mental Health First Aid Training?

They can call Amanda Lehto at Optum Idaho at (208) 914-2013 or at [amanda.lehto@optum.com](mailto:amanda.lehto@optum.com). The training is especially good for teachers, families, caregivers, emergency housing staff, consumers and their families, religious leaders, first responders, coaches and law enforcement. Not looking for licensed professionals.

## Our next Mental Health First Aid training sessions will be:

- October 2<sup>nd</sup> 9:00am-4:30pm & October 3<sup>rd</sup> 9:00am-12:30pm:Idaho City, Idaho | Idaho Community Hall 206 W Commercial | Idaho City, Idaho 83631
- For more information or to sign-up for the training, please contact Amanda Lehto at Optum Idaho at (208) 914-2013, [amanda.lehto@optum.com](mailto:amanda.lehto@optum.com)
- Or register at: <http://thespeedyfoundation.org/mental-health-first-aid/>

