

Help a Colleague in Crisis

Mental Health First Aid USA (MHFA) is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. MHFA training uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. Additionally, the program teaches common risk factors and warning signs of specific illnesses like anxiety, depression, and substance use.

MHFA at UCR

Like cardiopulmonary resuscitation (CPR) and physical first aid, MHFA at Work training is a key component to building mental health awareness and encouraging utilization of timely and appropriate resources. It prepares employees to interact with colleagues in crisis and connect the person with help. The program offers concrete tools and answers key questions like, “What do I do?” and, “Where can someone find help?”

Tuesday, November 5 from 10 a.m. – 2 p.m.

Human Resources Training Room (University Village Suite 208)

MHFA at Work: Course Overview

- Intensive and highly interactive presentation of mental health and substance use disorders
- Recognition of the signs and symptoms of mental illness and substance use
- De-escalation of difficult situations
- Skills development exercises and discussions including case studies for assessing risk and non-judgmental listening
- Identification of appropriate UCR and community resources.

For more information, email MPH Wellness Program Coordinator, Julie Chobdee, at Julie.Chobdee@ucr.edu.