



8:00am **Session 1, Part 1**

- *What Is Mental Health First Aid?*
- *Mental Health Problems in the USA*
- *The Mental Health First Aid Action Plan*
- *Understanding Depression*
- *Understanding Anxiety Disorders*

10:00am **Break**

10:15am **Session 1, Part 2**

- *Crisis First Aid for Suicidal Behavior & Depressive Symptom*
- *What is Non-Suicidal Self-Injury?*
- *Noncrisis First Aid for Depression and Anxiety*

12:15pm **Lunch**

1:15pm **Session 2, Part 1**

- *Crisis First Aid for Panic Attacks*
- *Crisis First Aid for Traumatic Events*
- *Understanding Disorders in Which Psychosis May Occur*
- *Crisis First Aid for Acute Psychosis*

3:15pm **Break**

3:30pm **Session 2, Part 2**

- *Understanding Substance Use Disorders*
- *Crisis First Aid for Overdose*
- *Crisis First Aid for Withdrawal*
- *Using Mental Health First Aid*
- *Exam and Evaluation*

5:30pm **End**

**The above reflects a one-day course agenda. The course can be taught over two days or more, but all 8 hours of content must be included. Any agenda should factor in break times for participants.*