

Older Adult Mental Health First Aid (MHFA)

TRAINING FOR NURSES

The Filipino-American Community of Los Angeles County

WHY ADULT MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among older adults.

On average,
130
people die by
suicide every day.
Source: American Foundation
for Suicide Prevention

From 2003 to 2023,
1,270,000
people died from
drug overdoses.
Source: Centers for Disease
Control and Prevention

Nearly
1 in 5
in the U.S. lives
with a mental illness.
Source: National Institute
of Mental Health

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

Registered Nurses (RNs) • Licensed Vocational Nurses (LVNs)
Advanced Practice Registered Nurses (APRNs) • Nurse Educators
Nursing Students • Public Health Nurses • Community Health Nurses
• Correctional Health Nurses.

ARISE with Tala ng Kalinga:

Advancing Resilience and Equity
through Mental Health First Aid

Bayanihan para sa Mental Health: May malasakit, may kaalaman, at may aksyon!

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

HOW YOU WILL LEARN

In-person Training Format – Learners will participate in a **7.5-hour live, instructor-led training session.**

This one-day training course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

REGISTRATION

Register through www.mypnasc.org or scan the QR code.

Training is FREE for all participants.

FUNDING ACKNOWLEDGMENT

This CE activity is made possible through the **ARISE Grant** from the **California Mental Health Services Authority (CalMHSA).**

CONTINUING EDUCATION

Provider approved by the
California Board of Registered Nursing.
Provider #17380, for 7.5 Contact Hours.



**Philippine Nurses Association
of Southern California, Inc.**



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



**LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

CONNECT WITH US

For questions or assistance on how to register for a training session, please visit
www.mypnasc.org or contact your MHFA instructor at: mhfainstructor.pnasc@gmail.com

Sources: American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>
Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>
National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>