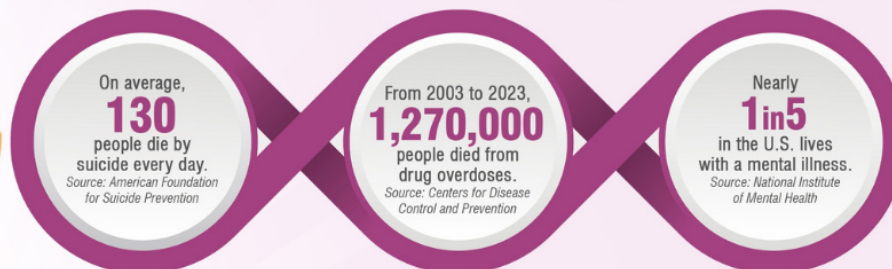


# Adult Mental Health First Aid (MHFA)

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 adults.



## 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.

## REGISTRATION

Register through [www.mypnasc.org](http://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 Administration (CalMHSA)**.

## 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.

## 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](http://www.mypnasc.org) or contact your MHFA instructor at: [mhfainstructor.pnasc@gmail.com](mailto: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>