



## Course Options:

- One 8 hour day
- Two 4 hour days

## Course Requirements:

◦ Host must have PowerPoint Capabilities including a computer, projector, DVD capabilities, tables & chairs for all participants

- Screen Pointer is optional
- Podium is optional

### ◦ One 8 Hour Day

Host must offer breakfast, lunch, snacks, and beverages for participants

### ◦ Two 4 Hour Day

Host must offer snacks and beverages for participants

◦ 15 minimum participation, 30 maximum participation (per course)

## Other Details:

-This is a free course offered by Carolinas HealthCare System

-The instructor will arrive about 1 hour before start time to set the room up appropriately. A company representative will need to be available for questions during the set up and break down

-The course is created by the Mental Health First Aid National Council, therefore Carolinas HealthCare System cannot alter course options, requirements, or other details, under any circumstance.

- Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. The course will cover the following topics:

- Anxiety Disorders
- Depression
- Panic Attacks
- Psychotic Disorders
- Substance Use Disorders