

# Mental Health First Aid (MHFA)

## *Sample Course Agenda*

### Day 1

- 9:00        **Welcome**  
Overview of Week  
Group Introductions  
Group Exercises
- 9:45        Overview of MHFA  
Why MHFA  
MHFA Action Plan  
What are mental health problems?
- 10:45        *BREAK*
- 11:00        **Depression**  
Signs and Symptoms  
Depression in the Workplace  
Mood Disorders  
Risk Factors for Depression
- 11:45        MHFA Action Plan for Depression
- 12:30        *LUNCH BREAK*
- 1:30        **Suicide Risk Assessment**  
Warning Signs of Suicide  
How to talk with a person who is suicidal  
MHFA Action Plan for Suicide  
Non-suicidal self-injury
- 2:30        **Anxiety Disorders**  
Signs and Symptoms  
Risk Factors for Anxiety  
Symptoms of Panic Attack and how to help
- 3:00        *BREAK*
- 3:15        Traumatic Events and how to help
- 4:00        MHFA Action Plan for Anxiety
- 4:30        Review & Wrap-Up

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**Day 2**

9:00 Review of Day 1 and Overview of Day 2

**Psychotic Disorders**

Common Symptoms  
Types of Psychotic Disorders  
Characteristics of Schizophrenia  
Characteristics of Mania  
Risk Factors for Psychotic Disorders

MHFA Action Plan for Psychosis

10:45 *BREAK*

11:00 **Substance Use Disorders**

Definition  
Warning Signs

MHFA for Substance Use Disorders

12:30 *LUNCH*

1:45 Risk Factors  
Co-occurring disorders  
Early Intervention  
When to call an ambulance

3:00 *BREAK*

3:15 **Eating Disorders**

Definition  
Warning Signs  
Main characteristics of Eating Disorders  
Risk Factors

MHFA Action Plan for Eating Disorders

4:30 **ALGEE**  
Presentation of Certificates