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NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

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News and Updates



Mental Health First Aider eNews

This biweekly newsletter provides breaking news, updates and useful resources from Mental Health First Aid USA.

This month, we're focusing on the 'L' in ALGEE, the 5-step action plan: Listen nonjudgmentally. People experiencing an emotional crisis may interact with any number of individuals, including coworkers, a faith leader, or a friend. Here are some success stories of First Aiders that have used their Mental Health First Aid training in a variety of settings to listen nonjudgmentally and respond effectively.



An EMT responds to a psychiatric call

Sarah was responding to a 9-1-1 call for a 19 year old woman when her Mental Health First Aid training kicked in. The woman, who was in a crisis state related to drug use, was experiencing hallucinations. "She kept asking people if they believed her, and because I took the



TRAINING & EVENTS



Interested in teaching Adult Mental Health First Aid? [Learn how to get certified as an instructor](#) and see check out [upcoming training dates and locations](#).



FAST FACT



21 states passed legislation or initiated executive programs related to Mental Health First Aid in 2013-2014. [Check out our State Policy Toolkit](#).



class I knew not to take the attitude that she's 'crazy' and no one sees what she sees and certainly not lie to her. When she asked me if I believed her, I said, 'I have no reason not to believe what you're saying is or is not the truth.'" Sarah used her skills to keep the woman and other EMTs calm, and connect her to help. [Read more of Sarah's story here.](#)



A pastor addresses the needs of his congregation

Nathan Krause quickly discovered that opportunities to use his Mental Health First Aid training were abundant among his church members: "I come in contact with various individuals who are having a mental health crisis, either themselves or in their family." While he admits that he had previous notions about mental illness and the stigma often associated with it, "the training helped me understand that it's never a hopeless situation. Mental Health First Aid has been very effective in helping me understand those stigmas, address them, and dismiss them," and he now feels as though he knows "how to have a dialogue with somebody who might be experiencing a crisis." [Read more of Nathan's story here.](#)



An off-duty police officer saved a woman's life

Captain Joe Coffey was running errands with his daughter when he encountered a woman attempting suicide. His Mental Health First Aid training kicked in and he was able to act quickly. The Warwick Police

Department captain said that before the training "I never would've thought to say, 'I'm here to help.' And I never would've thought it was a suicide." [Read more of Captain Coffey's story here.](#)



Share Your Story

How do you use your Mental Health First Aid skills? Share your story with us, email Laura Roth at LauraR@thenationalcouncil.org.

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

CONTACT

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