



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Relias Spotlight April 2023

Mental Health First Aid (MHFA) is a skills-based training course that teaches participants to identify, understand and respond to mental health and substance use challenges. Optum Idaho pays for all class registration, training materials and instructors for any Idahoan (must be at least 18 years old) who wants to learn how to support an individual experiencing a mental health or substance use disorder crisis in their community.

The goal of MHFA is to improve mental health literacy, reduce the stigma associated with mental illness, and

provide people with the skills and knowledge to help individuals in crisis or who are developing a mental health problem. Optum's partnership with the Idaho Department of Health and Welfare has promoted the MHFA training to individuals, organizations, and communities throughout the state. To date, more than 1,800 people have been trained in Mental Health First Aid through Optum Idaho. The course consists of a two-hour self-paced course before the instructor led six-hour course. The training is led by trained instructors in-person, virtually or blended.

MHFA is not in Relias, it is assigned from the National Council for Behavioral Health. For more information click [here](#) for the Optum Idaho website or you can scan the QR Code



If you would like additional training specifically for Optum Idaho providers check out the following courses on [Relias](#) regarding mental health and substance use challenges.

In session: Practicing Clinical Skills to Prevent Suicide REL-BHC-0-ISPCSPS	Best Practices in Suicide Screening and Assessment - REL-BHC-0-BPSSA
In Session: Practicing Clinical Skills to Prevent Suicide in Children and Adolescents REL-BHC-0-ISPCSPSCA	An Overview of Substance Use Disorders REL-BHC-0-AOSUD
In Session: Practicing Clinical Skills to Prevent Suicide in Older Adults REL-BHC-0-ISPCSPSOA	Peer Support Services in Substance Use Disorder Recovery REL-HHS-0-ADDICTION12
In Session: Practicing Clinical Skills to Prevent Suicide in Young Adults REL-BHC-0-ISPCSPSYA	A Self-Care Guide for the Clinician REL-BH-0-BHPOTG8
In Session: Practicing Skills to Address Non-Suicidal Self-Injury in Adults REL-BHC-0-ISPCSANSSIBA	A Self-Care Guide for the Paraprofessional REL-BH-0-BHPOTG9
In Session: Addressing Non-Suicidal Self-injury in Children and Adolescents REL-BHC-0-ISPCSANSSIBCA	