

Mental Health First Aid

Pharmacist and Pharmacy Technician Learning Objectives:

Upon completion of this activity, participants will be able to:

1. Discuss the prevalence and impact of mental health problem in the United States.
2. Discuss the barriers to treatment of mental health disorders.
3. Describe the spectrum of mental health interventions, treatments and support.
4. Discuss the core components of recover for people experiencing mental health or substance abuse problems.
5. Describe how the Mental Health First Aid Action Plan fits within the array of interventions available to address mental health problems.
6. Give an overview of the signs, symptoms, and possible risk factors and warning signs of depression and anxiety.
7. Give an overview of the signs, symptoms, and possible risk factors and warning signs of people who are experiencing a panic attack and may be in crisis.
8. Give an overview of the signs, symptoms, and possible risk factors and warning signs of people who are experiencing a traumatic event and may be in crisis.
9. Give an overview of the risk factors and warning signs of psychotic disorders.
10. Give an overview of the risk factors and warning signs of substance use disorders.
11. Demonstrate the Mental Health First Aid Action Plan for someone who may be in a crisis such as a suicide or self-injury.
12. Discuss how to respond to someone who is not in crisis.
13. Provide helpful resources and support groups for people experiencing mental health disorders.

Disclosures:

The speaker declares no conflicts of interest or financial interest in any product or service mentioned in this program, including grants, employment, gifts, stock holdings, and honoraria.

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