



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. Certified MHFA instructors are trained through the National Council for Well Being.

In 2019, Optum Idaho launched a multi-year initiative to increase the number of MHFA instructors and community classes in the state. Recognizing the impact that COVID-19 would have on mental health, the National Council for Mental Wellbeing created a virtual delivery format for these classes. Optum was one of the first organizations in the country to participate in this type of training. To date, Optum Idaho has trained nearly 1,500 individuals in Adult and Youth MHFA and is committed to double that number in 2022 through FREE community classes.

While Youth and Adult MHFA curriculum is very similar, Youth MHFA is designed specifically for adults who work and interact with children and adolescents ages 6-18.

## Gain skills to support someone experiencing a mental health or substance use issue.

- **10.2% of youth will be diagnosed with a substance use disorder in their lifetime.** *Source: Youth Mental Health First Aid*
- **1 in 5 teens and young adults live with a mental health condition.** *Source: National alliance for Mental Illness*
- **50% of all mental illnesses begin by age 14 and 75% by the mid 20s.** *Source: Archives of General Psychiatry*
- **On average, 130 people die by suicide every day.** *Source: American Foundation for Suicide Prevention*
- **From 1999 to 2019, 841,000 people died from drug overdoses.** *Source: Center for Disease Control and Prevention*
- **Nearly 1 in 5 in the U.S. live with a mental illness.** *Source: National Institute of Mental Health*

With Adult or Youth MHFA training, you will be equipped to offer assistance to a person who may be developing mental health or substance use challenges or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

### Who benefits from learning MHFA?

- Parents
- Teachers
- Fire/EMS
- Public Safety personal
- Veterans
- Older adults
- Higher education

### What will MHFA teach you?

- Risk factors and warning signs
- Information on depression, anxiety, trauma, psychosis and substance use.
- A 5-step Action Plan
- Evidence-based professional, peer and self-help resources

### Learn more about FREE MHFA classes

To learn more about FREE trainings or to schedule a class, email Optum Idaho at: [optummhfa@sparkstrats.com](mailto:optummhfa@sparkstrats.com)

Optum Idaho Helpline (available 24/7): **1-855-202-0973**  
(TDD/TTY services at **711** for the hearing impaired)

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