



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Pharmacists and pharmacy team members are more likely to need to respond to a mental health episode than to a situation requiring basic life support or CPR. Mental Health First Aid (MHFA) training, therefore, could be considered more important than CPR training. MHFA teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

Pharmacist and Technician Learning Objectives (on-demand segment):

1. Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
2. Identify the impact of mental health and substance use challenges on the wellbeing of American adults.
3. Explain that recovery from a mental health or substance use challenge is possible.
4. Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
5. Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
6. Recognize the signs and symptoms of mental health challenges that may impact adults.

ACPE UAN: 0207-0000-25-207-H01-P/T

Activity Type: Knowledge-based

Target Audience: Pharmacist, Pharmacy Technicians



NCPA is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program will provide 2 contact hours (0.2 CEUs) of continuing pharmacy education credit. The participant will need to attend all required components of the CE activity and complete a pre-test, pass a final assessment with a score of 70% or more, and complete a feedback survey to receive credit for the program.

Pharmacist and Technician Learning Objectives (live segment):

Instructor: Hannah Fish,

1. Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
2. Identify the impact of mental health and substance use challenges on the wellbeing of American adults.
3. Explain that recovery from a mental health or substance use challenge is possible.
4. Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
5. Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).

6. Recognize the signs and symptoms of mental health challenges that may impact adults.
7. Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
8. Identify the impact of mental health and substance use challenges on the wellbeing of American adults.
9. Explain that recovery from a mental health or substance use challenge is possible.
10. Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
11. Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
12. Recognize the signs and symptoms of mental health challenges that may impact adults.
13. Evaluate the impact of early intervention on mental health and substance use challenges.
14. Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to a non-crisis scenario where a person shows early signs of a mental health or substance use challenge.
15. Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to a non-crisis scenario where a person shows worsening signs of a mental health or substance use challenge.
16. Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to a crisis scenario where a person shows signs of a mental health or substance use crisis.
17. Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.

ACPE UAN Live: 0207-0000-25-206-L01-P/T

Activity Type: Application-based

Target Audience: Pharmacist, Pharmacy Technicians



NCPA is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program will provide 6.5 contact hours (0.65 CEUs) of continuing pharmacy education credit. The participant will need to attend all required components of the CE activity and complete a questionnaire to receive credit for the program.