

# Mental Health First Aid

## For Military, Veterans and their Families



“So many people are out there wishing for something better, hoping that help will show up. That’s what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place.”

— Tousha  
Paxton-Barnes,  
U.S. Army Veteran

### Why Mental Health First Aid?

Mental Health First Aid for Military, Veterans and their Families is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge.

This training specifically addresses the relevance of mental health to military culture, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.

Nearly  
**1 in 4\***  
active duty members showed  
signs of a mental health condition.

The suicide rate for veterans is  
**57x greater\*\***  
than non-veterans.

**88%\*\*\***  
of veterans’ caregivers  
report increased  
stress or anxiety.

#### Sources

\*<https://www.nami.org/Your-Journey/Veterans-Active-Duty/>

\*\*<https://www.mentalhealth.va.gov/docs/data-sheets/2022/2022-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-508.pdf>

\*\*\*<https://www.unitedhealthgroup.com/content/dam/UHG/PDF/uhf/caregivers-of-veterans-study.pdf>

### What it covers

- The relevance of mental health to the community of military, veterans and their families.
- Risk factors and protective factors specific to the community of military, veterans and their families.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed specifically for military, veterans and their families.
- National, regional and community mental health resources for service members, veterans and their families.

#### The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

### Who should take it

- Individuals who are a part of or support the military community, including service members, veterans and military families.