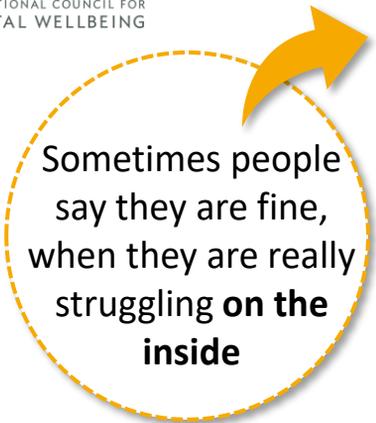




Here are **8 ways to check in with a friend**



Easy Conversation Starters

Remember: helpful approaches center the person (not ourselves); show compassion and empathy; show that we believe what we're told; and don't minimize a person's experience.

- “I am concerned about you.”
- How long have you been feeling like this?
- Have you spoken to anyone about this before?
- Is something bothering you?
- You haven't been joining us lately at coffee break, are you OK?
- It is hard for me to understand exactly what you're going through, but I can see that it's distressing for you.
- Let's go and have a cup of tea.
- Something seems to be bothering you. Do you want to talk about it?



What is Mental Health First Aid?

Mental Health First Aid is help for a person experiencing a mental health challenge, mental disorder, or mental health crisis. The first aid is given until appropriate professional help is received, or the crisis resolves.

What do Mental First Aiders do?

Mental Health First Aiders...

- Do not diagnose or treat themselves or others
- Observe changes in behaviors
- Offer a nonjudgmental listening ear
- Respect the privacy of the person
- Serve as a vital link to early intervention
- Respect and honor the culture of the person

What do Mental Health First Aiders need to consider before reaching out?

Staying safe is the most important thing for all Mental Health First Aiders to remember. MHFA **does not replace** any professional or legal responsibilities a First Aider has or organizational procedures a First Aider must follow as a mandatory reporter, first responder, clinician, or government employee.

Video with MHFA Instructor Kate Noelke



Tips & Tricks: Body Language

70%- 93% of all communication is non-verbal



Here are **12 strategies** for helping agitated clients or residents



Early Signs and Symptoms of a Mental Health Challenge
MN resources and contact info

Quick Facts and Tools

for understanding mental health challenges

Depressive Disorder

Depression is sad or low mood that persists for at least two weeks.

Major depression affects around 20 million adults each year. Symptoms of depression may include feeling sad or irritable; changes in sleep, appetite, and energy; memory loss, feelings of guilt or hopelessness; moving slower, and not having interest in activities previously enjoyed.

[Depressive Disorders - quick facts](#)

[What can you do when a resident is depressed?](#)

[Depression in older persons](#)

Anxiety Disorders

Anxiety is a feeling of worry caused by perceived threats in the environment.

About 1 in 9 Americans experience an anxiety disorder every year. Types of anxiety disorders include panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and generalized anxiety disorder. Worry, edginess, and feelings of overwhelm are common symptoms.

[Anxiety Disorders - quick facts](#)

Substance Use Disorder

Substance use disorders co-occur (or occur at the same time) as nearly all other serious mental illnesses, especially depressive and anxiety disorders. Substance use disorders are highly stigmatized, and many people never seek help.

[Substance Use Disorder - quick facts](#)

Post-Traumatic Stress

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that occurs after someone has experienced a traumatic event such as war, abuse, assault, an accident, or a natural disaster.

[Post-Traumatic Stress Disorder - quick facts](#)

Bipolar Disorder

Serious Mental Illnesses: Bipolar Disorder

Bipolar depression (previously called manic depression) is characterized by experiences of mania followed by deep, depressive episodes.

[Bipolar Disorder - quick facts](#)



[Say This, Not That](#)
(with person-centered and trauma-informed language)

Myths & Facts about Suicide:

Let's dispel some commonly held misconceptions about suicide. [Click Here](#)

[Learn More](#) **Worsening Signs and Symptoms of a Mental Health Challenge**