



Adult Mental Health First Aid (MHFA) USA Certification – WRMC 2024

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[Dirt & Tears webpage with WRMC MHFA Resources, Q&A, and Fliers](#)

Objective: Increase mental health literacy and decrease stigma. Use the ALGEE Action plan as your toolkit to guide you on how to respond to clients and colleagues, with confidence. Know what common signs and symptoms might appear. Create space for honest conversations, even when – especially when – they might be challenging. Meet the person within the cultural space that they occupy, not the space you occupy. *Build hope. Move towards recovery. Save lives!*

Action Steps:

1. Resources

- Edit the mental health [resources one-pager](#) for your organization.
- Then distribute over email to your staff, post in shared areas, and continually update and increase awareness.

2. Culture

- Don't accept "okay" as an answer to "how are you" without follow-up.
- Change hourly/ daily expectations to protect downtime/ non-work time.
- Be proactive to reduce burnout. Connect colleagues during early intervention (rather than waiting for a crisis/burnout).
- Encourage & support [self-care while in the field](#).

3. Safety

- Include mental health as part of your organization's safety checks and [safety discussions post-incident/ crisis](#).
- Whether an incident is physical or mental in nature, it is going to affect the guide, and that guide should be well taken care of.

Helpful articles to read and share with your team:

- [Use Person-First Language to Reduce Stigma](#) (MHFA.org blog)
- [5 Ways Employee Vacations Have Bottom-line Benefits](#) (MHFA.org blog)

Upcoming MHFA Certifications with Dirt & Tears for WRMC attendees and their colleagues:

- [Adult MFHA](#): Dec 9th, 9am–4pm PST / 12pm – 7pm EST (Zoom/online). [Register here](#).
- [Youth MHFA](#): Jan 10th, 9am–4 pm PST / 12pm – 7pm EST (Zoom/online). [Register here](#).