



Midwest Business Group on Health
The Source for Leading Health Benefits Professionals

Mental Health First Aid Workshop

June 26, 2020 - 9:00 AM to 1:00 PM CT

Faegre Drinker, 191 N. Wacker Dr., Fl 37, Chicago

Agenda

TIME	TOPIC	EXERCISES & DISCUSSIONS
9:00 AM	Welcome Setting the Stage: Mental Illness Big Picture	Comfort Zone Expectations
	What is Mental Health First Aid Personal Boundaries ALGEE Action Plan	How do you know someone is supporting you?
	Depression/Anxiety Signs/Symptoms Listening Nonjudgmentally	Overview of Depression and Anxiety Signs and Symptoms
	ALGEE: A and L Assessing for Risk of Suicide or Harm	Helpful Things to Say Myths & Facts About Suicide Depression Role Play
10:30AM	BREAK	
	ALGEE: G and E Give Reassurance and Information Encourage Appropriate Professional Help	Panic Attack
	ALGEE: E Encourage Self Help and Support Strategies Substance Use Overview Signs/Symptoms	ALGEE Group Exercise Case Study
	Mental Health First Aid: Moving Forward Revisit Definition Closing and Evaluations	Case Study (cont'd)
1:00 PM	END	