

Mental Health

Wednesday, September 30

7:30-8 a.m.	Breakfast and Registration	Room TBD
8-10 a.m.	Session 1: Part 1 <ul style="list-style-type: none">● What is Mental Health First Aid● Mental Health Problems in the USA● The Mental Health First Aid Action Plan● Understanding Depression● Understanding Anxiety Disorders	Room TBD
10-10:15 a.m.	Break	
10:15 a.m.-12:15 p.m.	Session 1: Part 2 <ul style="list-style-type: none">● Crisis First Aid for Suicidal Behavior and Depressive Symptoms● What is Non-Suicidal Self-Injury?● Non-Crisis First Aid for Depression and Anxiety	Room TBD
12:15-1:15 p.m.	Lunch	Room TBD
1:15-3:15 p.m.	Session 2: Part 1 <ul style="list-style-type: none">● Crisis First Aid for Panic Attacks● Crisis First Aid for Traumatic Events● Understanding Disorders in Which Psychosis May Occur● Crisis First Aid for Acute Psychosis	Room TBD
3:15-3:30 p.m.	Break	
3:30-5:30 p.m.	Session 2: Part 2 <ul style="list-style-type: none">● Understanding Substance Use Disorders● Crisis First Aid for Overdose● Crisis First Aid for Withdrawal● Using Mental Health First Aid● Exam and Evaluation	Room TBD