



MENTAL HEALTH FIRST RESPONSE

<p>What is Mental Health First Response (MHFR)?</p>	<p><i>Mental Health First Response is a mental health crisis skills intervention workshop for Filipinos who want to gain valuable skills in mental health concerns and suicide intervention. This training program will assist Filipino adults to intervene with someone who may be experiencing a mental health crisis and/or other mental health conditions that may or may not be a crisis situation.</i></p>
<p>Goals & Objectives of MHFR</p>	<p>It is our goal to train participants and prepare them to:</p> <ul style="list-style-type: none">• <i>Recognize the sign of emotional distress</i>• <i>Apply universal mental health crisis intervention to prevent suicide</i>• <i>Learn to E.S.T.I.M.A.T.E. – to judge and calculate the current situation in order to save lives. E.S.T.I.M.A.T.E is the core skills of Mental Health First Response training.</i>• <i>Disarm any potential weapons and recognize safety of the person and the mental health first responder</i>• <i>Screen for co-occurring disorders and other mental health concerns.</i>• <i>Inquire about the person’s support system</i>• <i>Refer to a more qualified professional</i>• <i>Encourage continued self-care</i>
<p>MHFR Presenters</p>	<p><i>MHFR is presented by the program developer and other trainers who completed the MHFR Instructor Course and are certified as Mental Health First Responders and a Mental Health First Response Instructors.</i></p>



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<p>Training Program Process</p>	<p><i>MH First Response Training:</i> <i>In order to become a Mental Health First Responder, you will need to attend a one day course (8 hours) in order to learn the Mental Health First Response materials and be able to use and apply the E.S.T.I.M.A.T.E. core skills.</i></p> <p><i>Mental Health First Response Instructor:</i> <i>To become an Mental Health First Response Instructor; you will need to be trained and certified as a Mental Health First Responder first. You will need to attend the 2 days (8 hours each day) Mental Health First Response Instructor Training course in order to teach the MHFR to the general public. In order to keep your instructor certification in good standing, teaching the program at least five times a year is required.</i></p>
<p>Application to School, University, Work, Health Care and Military setting.</p>	<p><i>The E.S.T.I.M.A.T.E. core skills is applicable to different setting, but will have a specific topics and scenarios that are geared toward to the specific population settings in the Philippines.</i></p>
<p>Who could attend the training?</p>	<p><i>Any adults who is interested to learn the E.S.T.I.M.A.T.E. core skills of the mental health first response and is willing to become a certified mental health first responder in order to save someone's life.</i></p>
<p>Find out more Information on MHRF Training & Instructor Certification.</p>	<p><i>Mental Health First Response is being launched across the Philippines in order to assist Filipinos to universally intervene when someone is having a mental health crisis or mental health concerns.</i></p> <p><i>Our website is located at www.mhfirstresponse.org or email us at info@mhfirstresponse.org</i></p> <p><i>Our Face Book Page is Mental Health First Response</i></p>

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Website: <https://www.mhfirstresponse.org> ~ Email: info@mhfirstresponse.org