

# Resources

## Emergency Contact Information

If you are thinking about suicide, or worried about a friend or loved one, or would like emotional support, the Lifeline Network is available 24/7 across the United States.



### NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255) [24/7 Hotline]

1-888-628-9454 (Spanish)

1-800-799-4889 (TTY)

This hotline is available 24 hours a day.



### CRISIS TEXT LINE

Text “MHFA” to 741741 to speak with a compassionate, trained crisis counselor, a volunteer who has been trained to help with problem-solving and will address the caller’s situation.

## Local Resources

If you are aware of local resources in your area that may also provide support, list them here.



## Tech Resources

If you are in need of technical assistance, use the following resources.

Zoom: Visit [support.zoom.us](https://support.zoom.us)

YMHFA Self-Paced Introduction: Email [algee@thenationalcouncil.org](mailto:algee@thenationalcouncil.org)

# Frequently Asked Questions: Youth Mental Health First Aid (YMHFA) Blended Virtual Course

## What is the YMHFA Blended Virtual Course?

- The YMHFA Blended Virtual Course is comprised of two parts:
  - » YMHFA Self-Paced Introduction: The first portion of the course is to be completed through the self-paced online portion (accessible through the MHFA Learning Management System)
  - » YMHFA Skills Application: The second portion of the course is taught virtually by a certified YMHFA Instructor and focuses on how to apply the YMHFA skills.

## What do I need to complete before starting the YMHFA Skills Application?

- Complete the YMHFA Self-Paced Introduction.
- Complete the Self-Care Action Plan.
- Print your completed Self-Care Action Plan or have it easily accessible electronically. This document will be referenced during the YMHFA Skills Application portion of the course.
- Become familiar with the tools that will be used in the Virtual MHFA Skills Application portion by visiting the “Toolbox” folder in the MHFA Learning Management System.

## Unexpected Barriers

- What are my options if I or a family member gets sick during the course?
- Who do I contact if I am unable to continue the course?

If any of these circumstances occur, contact your Youth Mental Health First Aid Instructor as soon as possible. They will work to find you an alternative time to complete the course.

## Technical Difficulties

- I wasn't able to complete YMHFA Self-Paced Introduction. What should I do?
  - » You must complete the YMHFA Self-Paced Introduction before attending the YMHFA Skills Application portion of the course. If you are unable to complete the YMHFA Self-Paced Introduction, contact your instructor to find an alternative time to complete the YMHFA Skills Application portion of the course.
- My internet is not working properly. What should I do?
  - » Check with your internet provider. If issues continue, send an email to your instructor.
- I am having difficulty with the YMHFA Self-Paced Introduction. What should I do?
  - » Contact [algee@thenationalcouncil.org](mailto:algee@thenationalcouncil.org) or call: 1-888-244-8980 x2, Mon – Fri 8:30 a.m. – 5 p.m. ET

Consider completing the YMHFA Self-Paced Introduction two business days prior to the start of the YMHFA Skills Application portion of the course.

This will allow adequate time for your instructor or MHFA USA to be able to respond and resolve MHFA Learning Management System difficulties that may arise before the YMHFA Skills Application.

## Accommodations

- I need accommodations for the course.
  - » Complete the Accommodations Request Form and send it to your instructor.

# Self-Care Action Plan

Self-care is the practice of taking action to preserve or improve one's own health. According to the Substance Abuse Mental Health Service Administration, there are 8 areas that we can take action to preserve or improve our health.

Self-care looks different for everyone. As you embark on this learning experience, identify the components of your own self-care plan. Learning new information can be incredibly rewarding and also tiring and stressful. Plan ahead to practice your preferred self-care methods during this course. The Self-Care Action Plan can assist you in developing your own plan.

