

Fitwel Mental Health First Aid Responder Training Protocol



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This document provides project teams with a list of the required elements that must be included in a mental health first aid responder training protocol. Project teams can either use this document as a guide to establish and implement a qualifying protocol or highlight the required sections in existing policies or protocols.

A qualifying protocol for mental health first aid must include the following:

1. Implementation

- ☐ when implementing the protocol in multi-tenant commercial buildings, the protocol must apply to all full-time employees of the areas under the control of the building management.
- ☐ when implementing the protocol in residential buildings, the protocol must apply to all full-time employees of the areas under control of the building management, and all residents.
- ☐ when implementing the protocol in single tenant buildings and commercial interior spaces, the protocol must apply to all full-time employees of tenant spaces.

2. Execution

Requires execution in the event of a contagious disease outbreak, as defined by the national, regional, and/or local public health authority.

3. Training Requirements

Requires a description of mental health first aid training that meets the following guidelines:

- ☐ delivered by a certified mental health professional.
- ☐ educates trainees on how to identify, understand and respond to signs of mental health issues, for example:
 - anxiety
 - acute stress disorders
 - depression
 - substance use disorders
 - suicidality or self-harm
 - abuse or neglect.
- ☐ educates trainees on de-escalation techniques.

4. Training Accessibility

Requires that training is:

- ☐ available to applicable occupants upon request.
- ☐ delivered to:
 - the contagious disease response task force
 - at least one individual for every 100 applicable occupants, including task force members.

*Qualifying MHFA Training Resources can be found at the National Council for Behavioral Health's website <https://www.mentalhealthfirstaid.org/>