

## **Outline for Spiritual and Mental Health First Aid: What do People Really Need?**

### **Afternoon session, November 18:**

- Introduce the distinctions between Mental Health First Aid versus Spiritual First Aid.
- Introduce case studies for personal reflection about discerning what people really need in times of struggle in their lives.
- Introduce why and how to use Christian/Spiritual “First Aid.” Give an outline of Mental Health First Aid and where to get additional training.
- List resources for Spiritual/Mental Health First Aid and give links to training and resources.
- Discuss relevant questions such as:
  - When and how to refer to a professional or support service
  - Community resources and cost
  - The Coles Notes version of Steps to Freedom in Christ (Coles Notes)
  - Youth and adult development (biblical and psychological)
  - Ways to provide and practice calming techniques during trauma memories or times of extreme distress (biblical and psychological)