

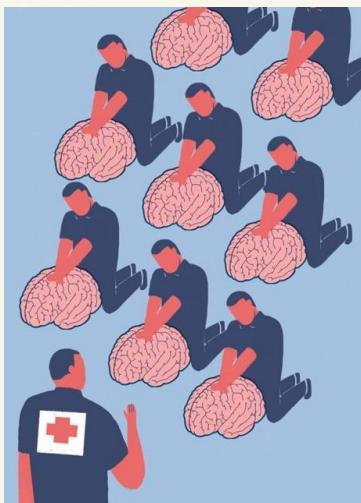
TMS TRENDS

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FIRST AID FOR MENTAL HEALTH

Mental health professionals have been arguing about the need for programs for mental health emergencies comparable to first aid programs for physical health emergencies. Last year, a program called Mental Health First Aid (MHFA) received federal funding for the first time. In Australia, where the program originated, one percent of the adult population is said to have attended a course. Experts are now beginning to test how well the program works in Australia, the United States, and Europe. In the United States, more than 300,000 people have been trained, including more than 7,000 in Philadelphia, the largest MHFA program in the United States. The idea is to be able to respond to mental health emergencies calmly and proactively, and to be able to promptly steer those in need towards the right resources. First developed in Australia in 2001, MHFA training teaches a five-part “action plan”: assess for risk of suicide or harm, listen nonjudgmentally, give reassurance and information, encourage appropriate professional help, and encourage self-help and other support strategies. MHFA training has been found to increase mental health literacy, decrease negative attitudes about mental illness, and bolster confidence about assisting a mentally ill person.



MAY WAS MENTAL HEALTH AWARENESS MONTH!

The theme for 2015 is **B4Stage 4**:

- Focus on how people can address their mental health early, rather than at “Stage 4”, when symptoms are more severe and recovery is longer
- Support early identification, prevention, and intervention



THE TMS INSTITUTE OF PENNSYLVANIA NEWS

Dr. Boyadjis was invited to present at the Reading Hospital on May 19th as part of the Focus on Psychiatry Series. His talk focused on the current trends in Transcranial Magnetic Stimulation (TMS) therapy. His talk was attended by psychiatrists, social workers, and students.

