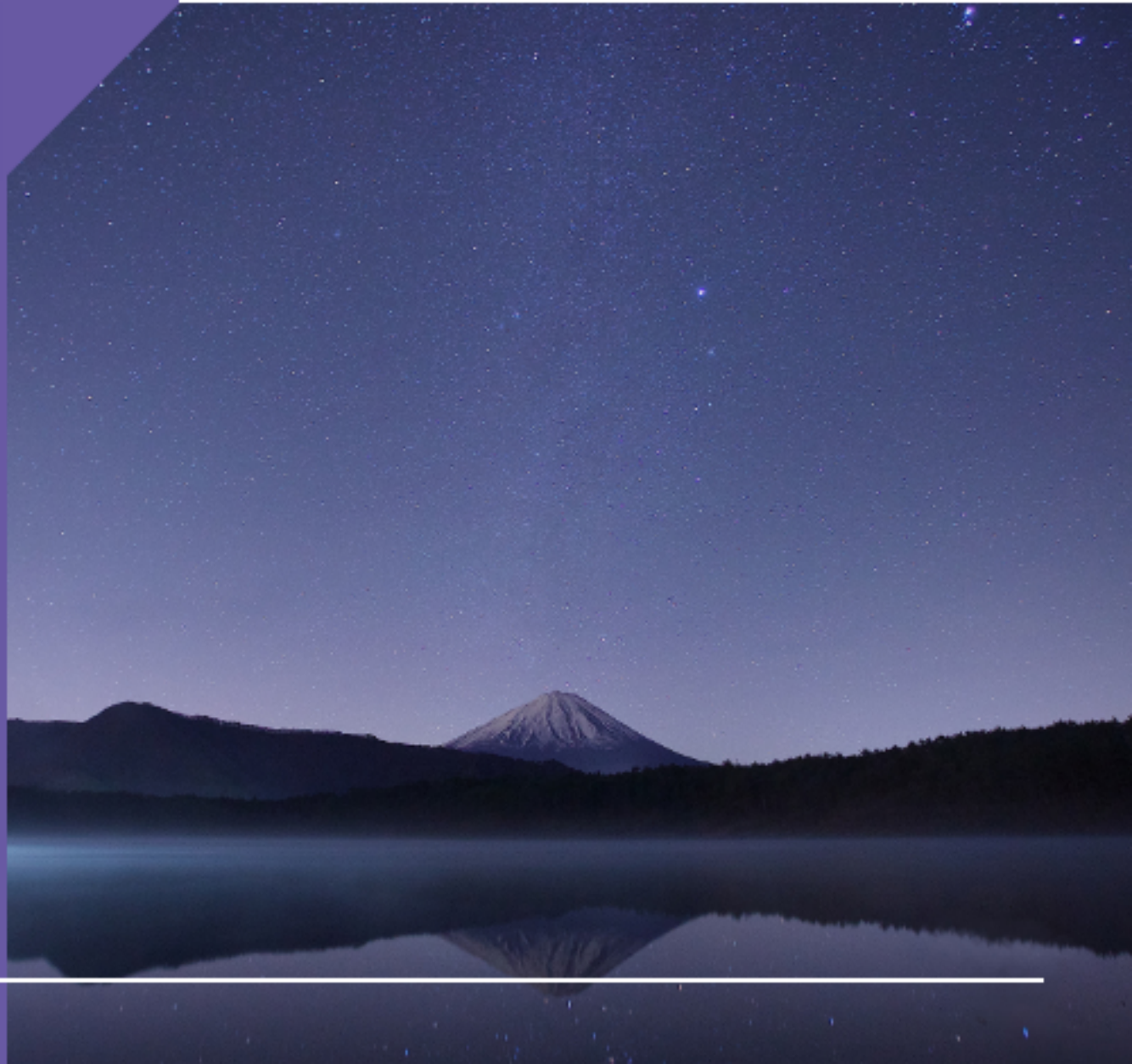




# Mental Health First Aid

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# Outline

Apakah MHFA?

Manfaat MHFA

Bagaimana melakukan MHFA

Alur Bantuan



# Mental Health First Aid (MHFA)

01

## **Pertolongan Pertama**

diberikan pada orang yang mengalami persoalan psikologis atau gangguan mental

02

## **Usaha meningkatkan kesehatan mental**

fokus pada peningkatan kesehatan mental dengan memberikan pelatihan berkualitas

03

## **Panduan untuk pertolongan selanjutnya**

sebelum menemui ahli

# Manfaat MHFA >

- lebih yakin dalam memberikan bantuan pada orang lain yang memiliki masalah
- mengenali tanda awal masalah kesehatan mental
- memberikan bantuan dalam bentuk pertolongan pertama
- membantu mencegah seseorang melukai diri sendiri atau orang lain
- membantu mencegah gangguan mental menjadi lebih buruk
- membantu seseorang sembuh dengan cepat
- mengarahkan seseorang mendapatkan bantuan yang tepat
- mengurangi stigma pada persoalan kesehatan mental

# Bagaimana melakukan MHFA

<https://www.chesswood.w-sussex.sch.uk/page/?title=Helping+others+with+mental+health&pid=778>

## Top things you can do to help



### Express concern and say you can help

Letting someone know you're worried is a good way to open up a conversation – it shows you care about the person, have time for them and that they do not have to avoid things with you.



### Reassure them

The first time someone mentions their worries is a big step. It's good to recognise this and reassure them. Let them know you're there to listen when they need to talk.



### Offer your time to listen

Listening is an important skill. Ask open questions that start with "how", "what", "where" or "when". This can help people open up.



### Act as you usually do together

Do what you usually do – behaving differently can make someone feel more isolated. Do not be afraid to offer kind words and a space to talk, whether by phone, messaging or in person.



### Be patient

You will not always know the full story. There may be reasons why they have found it difficult to ask for help. Just being there can be helpful for someone who may want to open up later.



### If they do not want support

Gently explore their reasons for not wanting to get support. If they are unsure whether to get help, just talking and listening without judgement could help work out what's getting in the way.



### Do not force it

Do not force someone to talk to you or get help, and do not go to a doctor on their behalf. This may lead to them feeling uncomfortable, with less power and less able to speak for themselves.



### Look after yourself

It can be upsetting to hear someone you care about in distress. Be kind to yourself and take some time to relax or do something you enjoy.

[Remember Every Mind Matters](#)

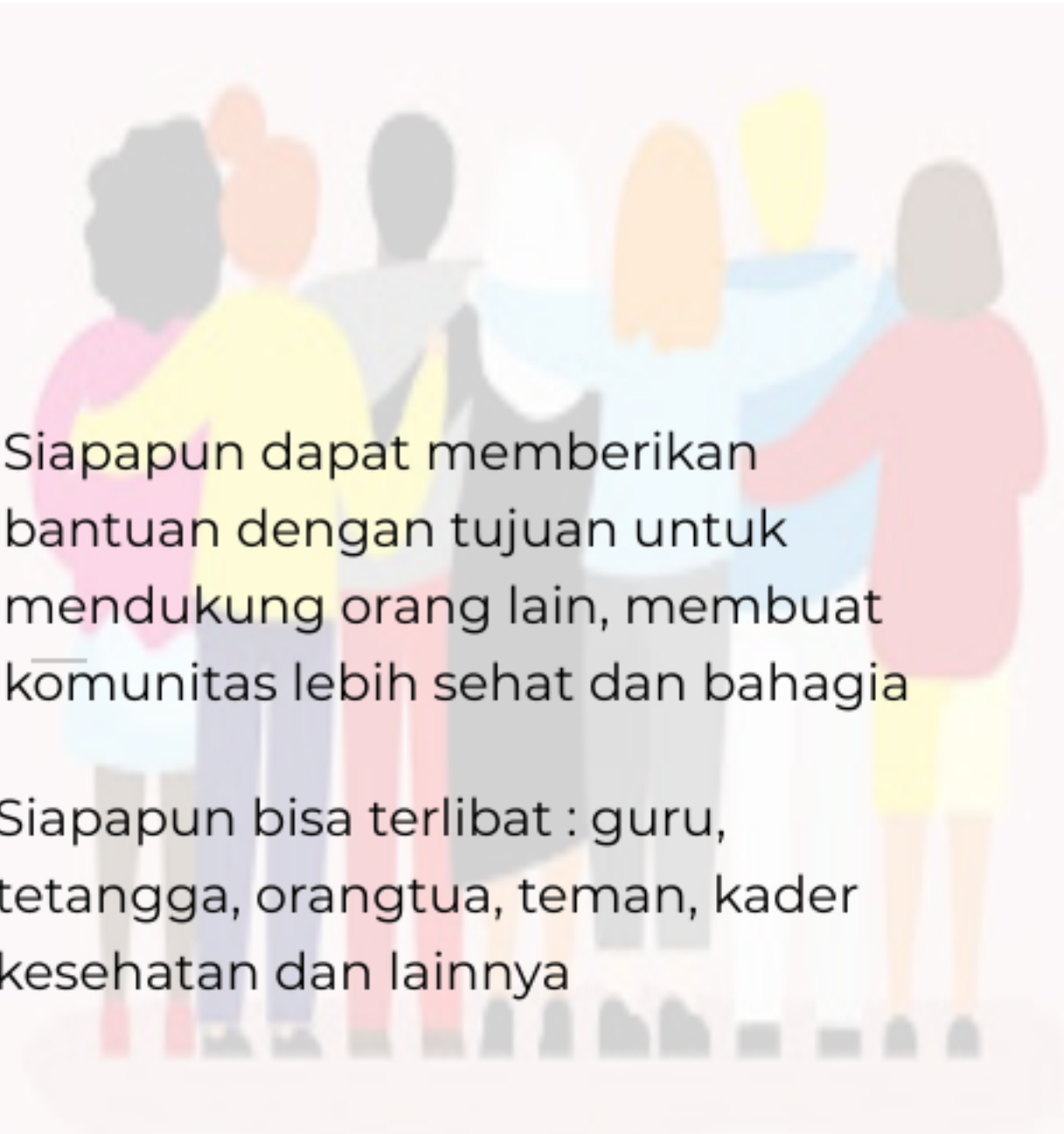


### Offer practical help

Little acts of kindness – like offering to do the shopping or to go to professional appointments with them – can help. Find out what works for them.

# Siapakah MHFA-ers

Siapa saja yg dapat  
memberikan bantuan?



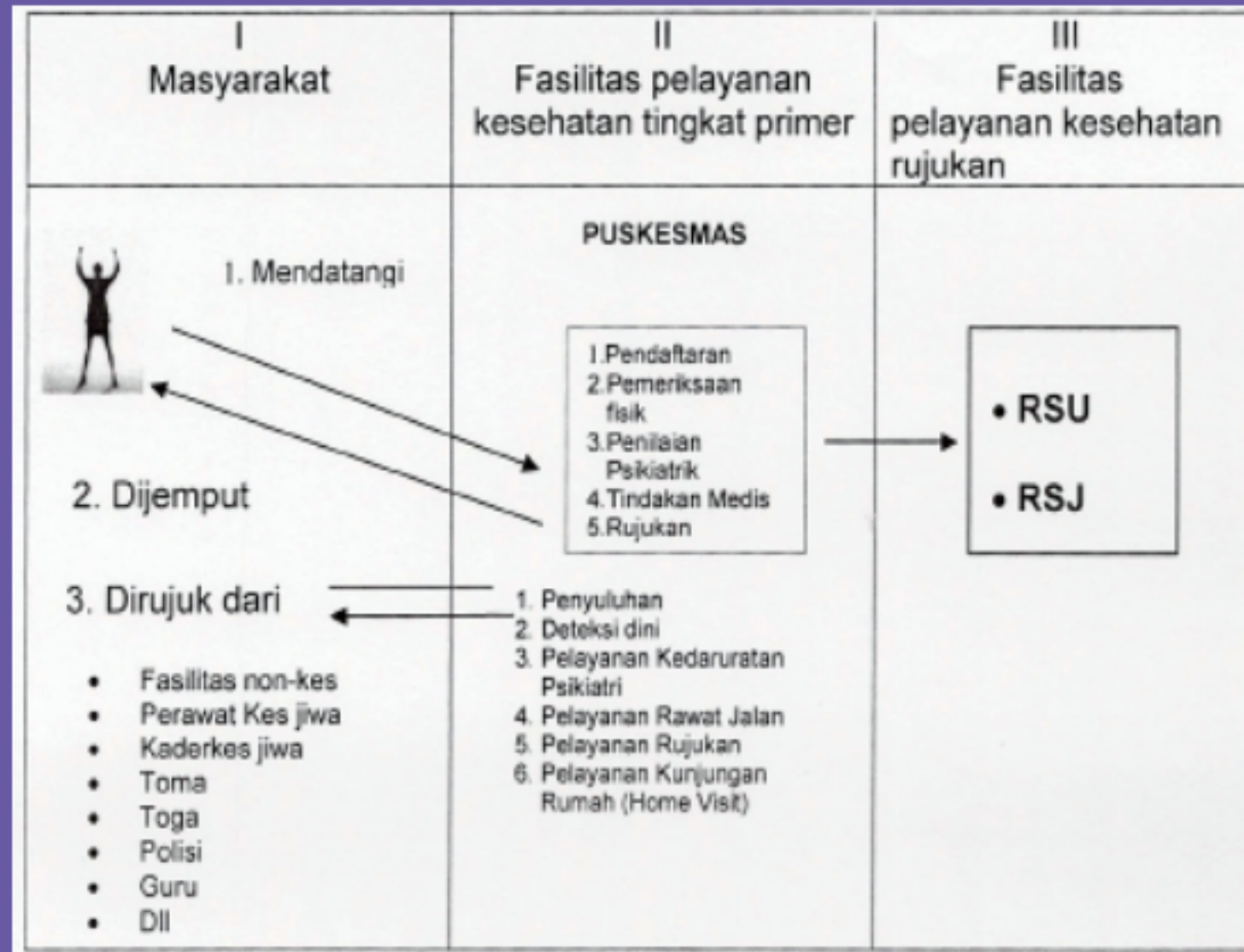
Siapapun dapat memberikan bantuan dengan tujuan untuk mendukung orang lain, membuat komunitas lebih sehat dan bahagia

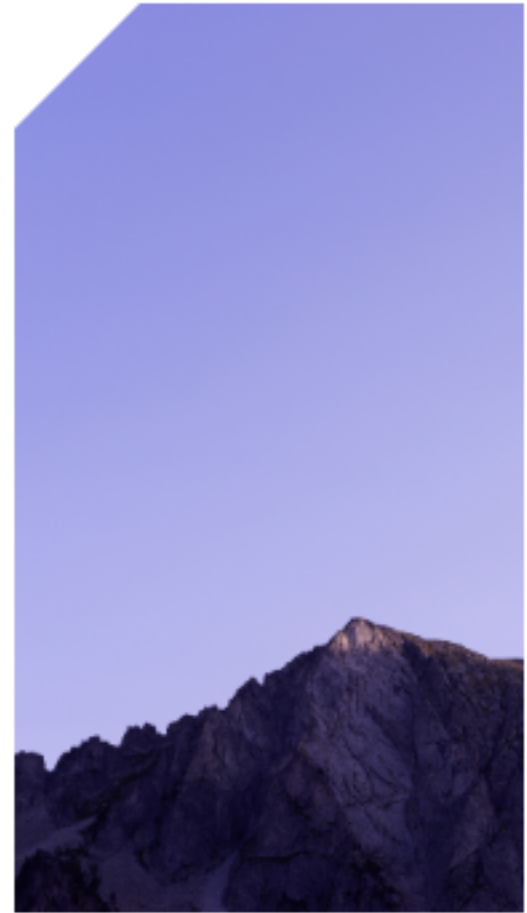
Siapapun bisa terlibat : guru, tetangga, orangtua, teman, kader kesehatan dan lainnya

# Alur Bantuan

Mekanisme pelayanan kesehatan mental di tingkat primer

(Sumber: Keputusan Menteri Kesehatan RI Nomor 406 Tahun 2009)





It's OK to get help