



Network Notification

Notice Date: March 25, 2026
To: TRICARE Prime Demo Providers
From: CareSource Military & Veterans™ (CSMV)
Subject: Mental Health First Aid training
Effective Date: March 25, 2026

Summary

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults. This training is appropriate for employers, first responders, hospital staff, and all caring individuals.

Impact

- On average, 130 people die by suicide every day.
- Nearly one in five people in the United State lives with a mental illness.
- From 1999 to 2019, 841,000 people died from drug overdoses.

Importance

This course teaches how to apply the MHFA Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Register

Go to the Training and Events page on **CareSourceMilitary.com** linked below to register. You can scroll to "Upcoming Events" and select the link for **HealthPlanResources.com**.

- [Florida - Training & Events](#)
- [Georgia - Training & Events](#)

Questions?

Contact Provider Services at **1-833-230-2170** available Monday through Friday, 8 a.m. to 6 p.m. Eastern Time (ET).

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