






Mental Health First Aid

Mental Health First Aid (MHFA) is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

You will learn the Mental Health First Aid Action Plan:

-  **Assess for risk of suicide or harm**
-  **Listen nonjudgmentally**
-  **Give reassurance and information**
-  **Encourage appropriate professional help**
-  **Encourage self-help and other support strategies**

Reasons to Become a Mental Health First Aider

- 1 BE PREPARED.**
Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.
- 2 MENTAL ILLNESSES ARE COMMON.**
1 in 5 people will experience one in a given year.
- 3 YOU CARE.**
Be there for a friend, family member or colleague. Learn how to start a conversation.
- 4 YOU CAN HELP.**
People with mental illnesses often suffer alone. Learn when and how to step in and offer support.



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