The Vision

The vision is for Mental Health First Aid to become as common as CPR and First Aid training. That means having regular courses offered in every community across the US.

What is Mental Health First Aid?

- An 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis
- It builds mental health literacy -- helping the public identify, understand, and respond to signs of mental illness
- The course may be offered in a variety of formats -- most often it is provided in one day, or in two 4-hour sessions spaced over a short period of time

What will you learn?

- Helping to assist someone experiencing a mental health crisis, such as contemplating suicide
- A single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help
- Introduction to risk factors and warning signs for mental health or substance use problems
- Learning about evidence-supported treatment and self-help strategies

Who should take a Mental Health First Aid course?

- The course is intended for all people and organizations that make up the fabric of a community
- Professionals who regularly interact with a lot of people (such as police officers, human resource directors, and primary care workers, etc.)
- Anyone interested in learning more about mental illness and addiction

For more information or to find a course near you, call (814) 456-1773 or go to NAMIerie.org/firstaid.