



MENTAL  
HEALTH  
FIRST AID®

### **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](http://NAMIerie.org/firstaid).*