



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid (MHFA) is an early-intervention training course that teaches people how to identify, understand, and respond to signs of mental health and substance use challenges. Like traditional physical first aid or CPR, it provides the skills to offer initial support to someone in distress until professional help or a longer-term solution is found.

WHAT YOU'LL EXPERIENCE:

- ✦ **Recognize Signs:** Spot common symptoms of mental health issues like depression, anxiety, psychosis, and addiction.
- ✦ **Provide Initial Help:** Learn a practical 5-step action plan to listen and respond safely without judgment.
- ✦ **Connect to Care:** Guide the individual toward professional, peer, or community resources