Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. 

**WHY MENTAL HEALTH FIRST AID?**

On average, 130 people die by suicide every day. 

Source: American Foundation for Suicide Prevention

From 1999 to 2019, 841,000 people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly 1 in 5 in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

**WHAT IT COVERS**

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

**THREE WAYS TO LEARN**

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.

- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - A video conference.
  - An in-person class.

**WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID**

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

A - Assess for risk of suicide or harm.
L - Listen nonjudgmentally.
G - Give reassurance and information.
E - Encourage appropriate professional help.
E - Encourage self-help and other support strategies.

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**Sources**


To find a course or contact a Mental Health First Aid Instructor in your area, visit MHFA.org or email Hello@MentalHealthFirstAid.org.