



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

- ⇒ People who enroll in local Mental Health First Aid courses learn a 5-step action plan to help loved ones, colleagues, neighbors, and others cope with mental health or substance use problems.
- ⇒ Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.
- ⇒ Mental Health First Aid is an evidence-based public education and prevention tool – it improves the public’s knowledge of mental health and substance use problems *and* connects people with care for their mental health or substance use problems.
- ⇒ Trainees also learn risk factors and warning signs of mental illness and addiction and about available treatments. Upon completion, participants better understanding the impact mental illnesses and addictions have on a person, their family, and communities.
- ⇒ Trainees are from all walks of life and include school personnel, law enforcement, faith-based communities, hospital and nursing home staff, families, and young people.
- ⇒ Apalachee Center, Inc. currently offers Youth and Adult Mental Health First Aid Classes

[Click Here to Request Registration Information](#)



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