

Mental Health First Aid

Description

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.

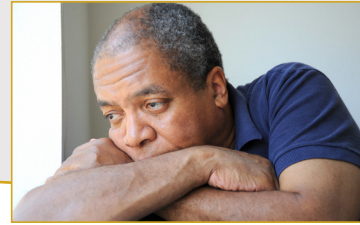
Mental health issues affect all of society in some way, shape or form. Mental health problems are more common than heart disease, lung disease and cancer combined. It is estimated that one in four Americans will have a diagnosable mental disorder at some point in their lives. Depression alone relates to \$44 billion per year in lost productivity in the work place. Participants who take the 8-hour course are certified as Mental Health First Aiders. They learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Testimonials:

“Reflecting on her involvement in her brother’s recovery, Lisa says that encountering a family member in crisis was a crisis for her. But, she adds, because of Mental Health First Aid, she was able to speak with her brother with calm, composure and to make a difference. She was able to demonstrate how she loved him, and reassure him the family would be there for him.”

-Lisa, Washington D.C.

quote from www.mentalhealthfirstaid.org



Information



5-step action plan with skills and resources



8-hour course



to help individuals who are experiencing a mental health crisis

Recognize symptoms and help people who are experiencing a mental health crisis.