



MENTAL HEALTH FIRST AID®

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

What You Learn

- Participants in a Mental Health First Aid course discuss signs and symptoms
- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.

4 Reasons to Become a Mental Health First Aider

- **Be prepared**—When a mental health crisis happens, know what to do
- **You can help**—People with mental illnesses often suffer alone
- **Mental illnesses are common**—1 in 5 adults in any given year
- **You care**—Be there for a friend, family member, or colleague

**Mental Health Association
of Monmouth County**

An Affiliate of



To host a Mental Health First Aid course for your organization or company, please contact: mha@mentalhealthmonmouth.org or call 732—542-6422