

Mental Health First Aid

*Create more supportive
environments at work, school,
home, and in your community.*

Southeast Kansas
Mental Health
Center



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

**We are here for you
whenever you need us.**

What is MHFA?

Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

What you learn

Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Topics covered: Depression & mood disorders, anxiety disorders, distressing experiences, psychosis, substance use disorders, suicidal ideation.

Who Can Benefit from Mental Health First Aid Training?

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|----------------------|----------------------------|
| • Employers | Mental Health First Aiders |
| • Police Officers | are a vital link between |
| • Hospital Staff | someone experiencing a |
| • First Responders | mental health or substance |
| • Caring Individuals | use challenge and |
| • EVERYONE | appropriate supports. |

MHFA Curriculum Available

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|--|--|
| • Adult | • Service Members/
Veterans and Their
Families |
| • Youth | • Higher Education |
| • Teen | • Rural |
| • Public Safety (Law
Enforcement/Corrections) | • Fire/EMS |
| • Older Adult | |

