

Mental Health First Aid



Adult, Youth, Rural, Law Enforcement, First Responders, Veteran Audiences

What is Mental Health First Aid? Just like medical first aid, mental health first aid can help save a life. Mental Health First Aid teaches you how to assist someone experiencing a mental health or substance use-related crisis. You will learn the 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.

APPROACH, ASSESS for risk of suicide or harm.

LISTEN nonjudgmentally.

GIVE reassurance and information.

ENCOURAGE appropriate professional help.

ENCOURAGE self-help and other support strategies.

For more information on how to get this training for FREE contact the Richland County Health Department 406-433-2207

