Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

LIFEPATH SYSTEMS

Mental Health First Aid (MHFA) is a public education program that teaches participants how to recognize the signs and symptoms of Mental Health and Substance Use challenges and Crisis situations.

Adult MHFA

Teaches adults how to reach out to other adults.

Topics Covered Include:

- Purpose of Mental Health First Aid
- The importance of self-care
- Common mental health disorders
- How to recognize signs and symptoms of a mental health or substance use challenge
- What to do when you notice signs or symptoms
- How to recognize a crisis
- What to do in a crisis situation

COMMUNITY-SPECIFIC MHFA COURSES:

(Based on the Adult MHFA curriculum, designed for individuals within each group, their loved ones, or those who support them)

Veterans

Higher Education

Fire/EMS

Older Adults

Rural Communites

Public Safety

Corrections Professionals

Youth MHFA

Teaches adults how to reach out to youth ages 12-18.

Topics Covered Include:

- Common signs and symptoms of mental health and substance use challenges in this age group
- Comparison of typical adolescent development to mental health or substance use challenges
- How to interact with a child or adolescent in crisis
- How to connect the youth with help

Become a Mental Health First Aider

Grow your knowledge of signs, symptoms and risk factors of mental illness. Build your confidence to help an individual in distress. Improve your own mental wellness.

Scan the QR Code to Learn More and Sign Up for a Class:

MHFA@lifepathsystems.org | (469)966-5843