



MENTAL  
HEALTH  
FIRST AID®

# Mental Health First Aid

**Mental health** problems are common, but **stigma** is associated with mental health problems. Professional help is not always on hand and individuals with mental health problems often **do not seek help**.



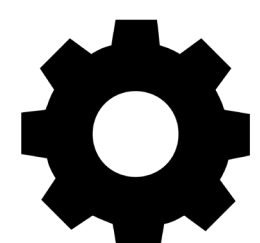
**Mental Health First Aid** is the initial help offered to a person developing a mental health problem or experiencing a mental health crisis.



Like CPR, it is given until appropriate treatment or support are received or until the crisis resolves

## Participants Learn:

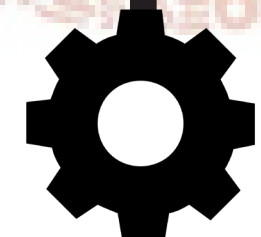
Risk Factors and warning signs of mental health concerns  
Information on depression, anxiety, trauma, psychosis, and substance abuse  
Available evidence-based professional, peer, and self-help resources



5-step action plan to help someone with a developing mental health problem or in crisis



## Action Plan



- A**ssess for risk of suicide or harm
- L**isten non-judgementally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies