

Behavioral Health Resources For Schools

Mental Health First Aid



Mental Health First Aid USA (SAMHSA)

- An 8-hour public education program.
- Introduces participants to risk factors and warning signs of mental illness.
- Builds understanding of the impact of risk factors and provides overview of common supports.
- Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help.

Find a Mental Health First Aid course near you using this search tool:

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course>