

# Mental Health First Aid

## Sometimes, the best first aid is you

Mental Health First Aid (MHFA) is an evidence-based training that teaches people how to identify, understand and respond to signs and symptoms of mental health and substance use challenges among adults.

Similar to physical First Aid and CPR, MHFA helps you assist someone experiencing a mental health or substance use crisis until professional assistance is obtained or the crisis is resolved.

Mental Health First Aiders learn a 5-step Action Plan to recognize warning signs of a mental health or substance use challenge, provide help in crisis and non-crisis situations and understand where to turn for additional assistance.

**Mental Health First Aiders will complete a 2-hour, Self-Paced online course, and then participate in a 7-hour virtual Instructor-Led Session via Zoom.**

### Date | Time | Cost

### Location

### Register | Contact Us

### Presenters

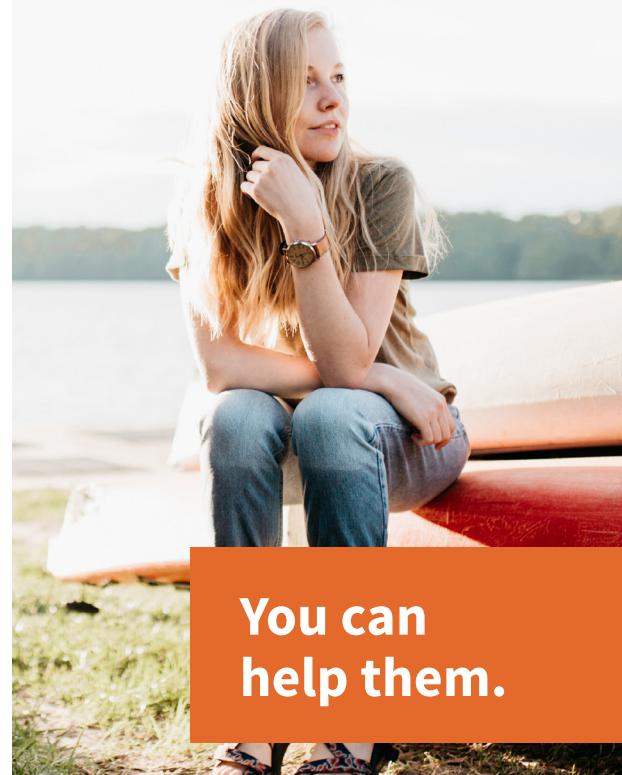


MENTAL  
HEALTH  
FIRST AID

For persons with disabilities requiring special accommodations, please contact [gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu) prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

Someone in your life may be experiencing a **mental health challenge or crisis.**



You can help them.

- Take the course
- Save a life
- Strengthen your community



Extension