



You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis?

It's easy to tell when someone is having a heart attack, is choking, or can't breathe. But what does depression look like? Or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

**Mental Health First Aid** is an 8-hour training course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. People across the country - in all 50 states and the District of Columbia - are trained in Mental Health First Aid. They know how to identify, understand, and respond to signs of mental illnesses and addictions.

This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet certification requirements.



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# YOU COULD BE THE HELP SOMEONE NEEDS. GET TRAINED.

## MENTAL HEALTH FIRST AID

IN

### San Mateo County



LEARN MORE, CONTACT US:

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Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



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# MENTAL HEALTH FIRST AID™



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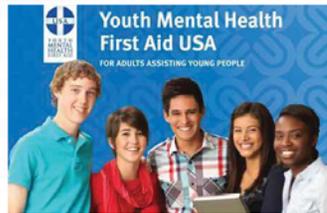
# 4 REASONS TO BECOME A MENTAL HEALTH FIRST AIDER

- 1. To be prepared:** Just as you learn CPR, learn how to help in a mental health crisis
- 2. Mental illnesses are common:** 1 in 5 adults in any given year
- 3. You care:** be there for a friend, family member, or colleague
- 4. You can help:** people with mental illnesses often suffer alone

## COURSE TYPES



**ADULT:** The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern. The course is available in English and Spanish.

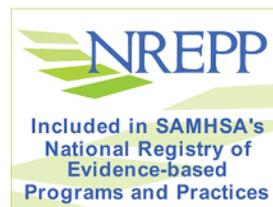


**YOUTH:** Youth Mental Health First Aid reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge. The youth course is intended for anyone 16 years or older to learn how to help young people.

## MENTAL HEALTH FIRST AID TEACHES

- Risk factors and warning signs of mental health concerns.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- A 5-step action plan to help someone developing a mental health concern or in crisis.
- Available evidence-based professional, peer, and self-help resources.

Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices. Studies show that individuals trained in the program increase their knowledge of signs, symptoms and risk factors of mental illnesses and addictions; can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction; increase their confidence in and likelihood to help an individual in distress; and show reduced social distance to individuals with mental illnesses.



ALGEE the koala is the Mental Health First Aid mascot

## WHO TAKES THE COURSE?

The course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. The course gives people tools to help friends, family members, colleagues, or others in their community.

- College/university leaders
- Educators/school administrators
- Human resources professionals
- Nurses/physician assistants/primary care workers
- Public safety personnel
- Members of faith communities
- Social services staff and volunteers
- Policymakers
- Substance abuse professionals
- Social workers