

Mental Health First Aid

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a program designed to help the general public identify, understand and respond to signs of mental illness. It is intended for a variety of audiences: friends and family of individuals with mental illness, key professionals, school leadership, faith communities or ANYONE interested in learning about mental illness.

This eight hour course presents an overview of mental health and introduces its participants to the warning signs of mental illness and provides them with the knowledge and skills needed to help stabilize a person in crisis until they can connect them with the appropriate care. Just as CPR training helps a layperson with no clinical training assist an individual having a heart attack; MHFA training helps a layperson assist someone experiencing a mental crisis, such as contemplating suicide. In both situations the goal is to support the individual until professional help arrives.

The goal of MHFA is intended to increase mental health literacy and teach everyone to identify, understand respond to signs of mental illness.

To learn more about MHFA please visit: www.mentalhealthfirstaid.org

Why is Mental Health First Aid important to my community?

Mental Health First Aid (MHFA) not only teaches individuals to identify and respond appropriately to a person who is experiencing a mental health crisis, but it also increases awareness about mental health in our community.

MHFA provides you and your community with the opportunity to learn about mental illness and be part of the change to help reduce the negative stigma that can be associated with mental health.

Increasing education and reducing negative stigma associated with mental health helps promote healthier and safer communities.

Contact Us to Register for a Mental Health First Aid Training:

Border Region Behavioral Health Center
1500 Pappas
Laredo, TX 78041
Tel. 956-794-3000