



MENTAL  
HEALTH  
FIRST AID

# Mental Health First Aid Training

Mental Health First Aid (MHFA) is the initial help given to a person showing signs of mental illness or a mental health crisis.

The 8-hour course teaches:

- Risk factors, warning signs and symptoms of mental health and substance use disorders
- Effects of the illnesses and an overview of treatments
- Five-step action plan for helping someone with symptoms

MHFA does not prepare someone to diagnose or provide treatment. MHFA helps paraprofessionals and laypersons provide support until an individual is linked to professional resources. Please note MHFA is *not* recommended for licensed mental health providers.

Registration is open until filled. Limit 20 participants per class.

Visit [alexandriava.gov/DCHS](http://alexandriava.gov/DCHS) for class dates and registration.

Attendees of the full 8-hour course will receive a three-year certification in MHFA.

For more information about MHFA, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)



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