

Who should take Mental Health First Aid?

Anyone who wants to help others in crisis should take Mental Health First Aid.

- College / University Professors and Staff
- Teachers / School Administrators / School Security Staff
- Human Resources Professionals
- Doctors / Nurses / Physician Assistants / Primary Care Workers
- Emergency Room Staff / Paramedics
- Firefighters / Police Officers / Constables / Sheriffs
- Court Staff
- Members of Faith Communities
- Social Workers / Social Services Staff and Volunteers
- Policymakers / Legislators
- Substance Use Professionals



Contact Us

Learn more at IntegralCare.org or contact us at **512-804-3238** or mhfa@integralcare.org

About Integral Care

Integral Care serves as the local authority for behavioral health and developmental disabilities in Austin/Travis County, Texas.

Vision

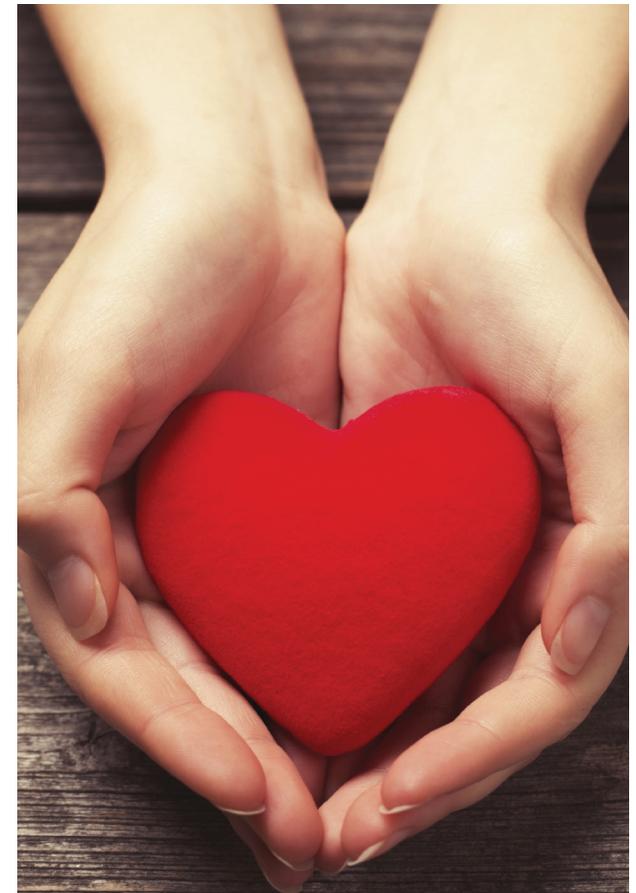
Healthy Living for Everyone.

Mission

To improve the lives of people affected by behavioral health and developmental and/or intellectual challenges.

Integral Care is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request.

Adapted by Integral Care from the national Mental Health First Aid organization mentalhealthfirstaid.org



**MENTAL HEALTH
FIRST AID**



INTEGRALCARE.ORG

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an 8-hour course that teaches people how to help someone who may be in crisis or showing signs of mental illness.

CPR and the Heimlich Maneuver can save someone experiencing a physical health crisis like choking or a heart attack.

But, what if someone is having a mental health crisis?

- Do you know how to help someone experiencing depression or anxiety?
- What do you say to someone thinking about suicide?
- How do you know if someone is having a panic attack?

Certified Mental Health First Aid USA Instructors train people to identify, understand and respond to signs of mental illness and substance use.

Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices.

Why is it important?

Mental illness is common. Approximately **1 in 5 adults**



experience mental illness in any given year. Mental Health First Aid gives participants the tools they need to help friends, family, colleagues and community members who are experiencing a mental health crisis.



What will I learn?

- Warning signs, symptoms and risk factors for mental illness
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone in crisis or showing signs of mental illness
- Professional and self-help resources

Course Types

There are two Mental Health First Aid courses available – Adult and Youth.

Adult Mental Health First Aid is for anyone who wants to learn how to help someone experiencing a mental health crisis or showing early signs and symptoms of a mental illness.

Youth Mental Health First Aid is for anyone who works with youth ages 12-18. Instructors review the risk factors and warning signs for this age group. Instruction emphasizes the importance of early intervention and covers how adults can help youth experiencing a mental health issue or crisis.

The Youth MHFA course is FREE for all School District Employees and School Resource Officers. CEUs and CPEs are also available for both courses.

How do I register?

Visit our website bit.ly/MHFATexas or contact mhfa@integralcare.org / 512.804.3238

Thanks to a grant from St. David's Foundation, no one will be turned away. However, a donation of \$10 is welcome.

A light breakfast will be served. Personalized trainings are also available onsite for organizations/agencies that are interested. Please contact us for more information.