Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.
On average, there are 123 suicides a day.

From 1999 to 2016, 630,000 people died from drug overdose.

Nearly 1 in 5 U.S. adults lives with a mental illness.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is YOU.

To find a course or contact an instructor in your area, visit www.MentalHealthFirstAid.org or email MHATGrant@sbhservices.org.