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 adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.
1 in 5

Of youth with major depression do not receive any mental health treatment.
Mental Health America

Of youth report having a substance use or alcohol problem.
Mental Health America

1 in 5 teens & young adults lives with a mental health condition.
National Alliance for Mental Illness

Sometimes first aid isn't a bandage, or CPR. 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.

Join The Movement