



# MENTAL HEALTH FIRST AID

## ♥ MENTAL HEALTH FIRST AID AWARENESS



### Strengthening Mental Wellness Across Our Communities

#### WHAT IS MHFA?

Mental Health First Aid (MHFA) is a nationally recognized training that teaches everyday people how to:

- Recognize signs of mental health or substance-use challenges
- Offer support with confidence and compassion
- Connect someone to professional help
- Respond in a crisis using the MHFA Action Plan (ALGEE)

#### WHY IT MATTERS IN OUR COMMUNITIES

Communities face unique stressors, including stigma, and limited access to mental health care. MHFA helps us:

- Break the silence around mental health
- Supporting loved ones early
- Build safer, more connected neighborhoods
- Strengthening community healing and resilience

It's the mental-health version of CPR — skills that save lives.

When we heal together, we rise together.

*Youth*  
**MENTAL HEALTH FIRST AID**  
 Mental Health **FIRST AID**<sup>®</sup>  
 from NATIONAL COUNCIL FOR MENTAL WELLBEING<sup>®</sup>

#### HOW YOU CAN HELP

- Join an MHFA training
- Encourage family, friends, and church members to participate
- Share mental health resources
- Become a trusted support person in your circle

**No experience needed — just a heart for community.**

**MHFA Certification Course Value: \$170**  
**50 Free Scholarships Sponsored By:**  
**Providence Grant**



#### EXPECTED OUTCOMES

Participants gain:

- Confidence to recognize and respond to mental health concerns
- Tools to support someone in crisis
- A Certificate of Completion
- A pathway to becoming a Certified MHFA Instructor

JOIN THE INTEREST LIST



Scan the QR Code Below to Sign Up

