

# Mental Health First Aid



Mental Health First Aid is offered in the form of an [interactive 8-hour course](#) that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 8-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

The 8-hour Mental Health First Aid USA course is for a variety of audiences and key professions, including: primary care professionals, employers and business leaders, faith communities, school personnel and educators, state police and corrections officers, nursing home staff, mental health authorities, state policymakers, volunteers, young people, families, peers, and the general public.

To schedule an onsite training, please contact your local Core Service Agency ([CSA](#)) \*, or the Mental Health Association at 443- 901-1550, or email Lea Ann McNee [lmcnee@mhamd.org](mailto:lmcnee@mhamd.org) or Alethia Ohara [aohara@mhamd.org](mailto:aohara@mhamd.org).