

FIRST AID FOR MENTAL HEALTH



**KNOW
THE SIGNS**



**LEARN THE
ACTIONS**



**BE A
LIFELINE**



Think of it like CPR, but for mental health issues.

Think of it like CPR, but for mental health issues. Through our certification course, you'll become a mental health first aider. We'll teach you how to respond to someone with a mental health challenge. Challenges that include depression, suicide, substance abuse, eating disorders and panic attacks – to name a few. You'll learn the signs, evidence-based actions and how to connect those in crisis to support systems that can help them recover.

Learn how you can help.

www.MHFACO.org



**MENTAL HEALTH
FIRST AID
COLORADO**