



Mental Health First Aid USA



Schedule a Training NOW!

What is Mental Health First Aid?

It is the help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.

Mental Health First Aid does not teach people to be therapists, rather it teaches people how to assist someone who may be in the early stages of developing a mental health problem or in a mental health crisis.

Who Can Be A Mental Health First Aider?

- Educators/School Administrators
- Employers
- Faith Communities
- Law enforcement/other first responders
- Policymakers
- Substance Abuse Professionals
- Human Resource Professionals
- Social Service Staff
- Volunteers
- Social Workers

Bringing Mental Health First Aid to You...

Tuscola Behavioral Health Systems trainers may come to you at your place of work, or another place you may designate and will adapt the exercises to meet your needs.

***To schedule a training, contact the
Director of Marketing at Tuscola
Behavioral Health Systems (TBHS)
989.673.6191 or 1.800.462.6814
www.tbhsonline.com***

Join Mental Health First Aiders across the USA

The stigma surrounding mental illness often prevents people from seeking help or even acknowledging that they may need help. If they do want help, they may not know where to turn. Mental Health First Aid equips the public to help persons with mental illness connect to care.

***Mental Health First Aid is a highly interactive
8-hour program taught to small groups.***

Adult or Youth Mental Health First Aid

The Adult or Youth Mental Health First Aid courses are appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern.

Course participants will learn about:

- Risk factors and warning signs of mental health concerns.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- Available evidence-based professional, peer, and self-help resources.

The course will teach a 5-step action plan encompassing the skills, resources and knowledge to assess the situation, implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care. Also identify appropriate professional, social, and self-help resources available to help an individual with a mental health problem.