

Mental Health First Aid

Just as CPR training helps a person without medical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis.



Like CPR for Mental Health:

Mental Health First Aid (MHFA) is a public education program that helps participants identify, understand, and respond to signs of mental illnesses and substance use disorders.



This interactive, eight-hour course:

- Presents an overview of mental illnesses and substance use disorders in the US
- Introduces participants to risk factors and warning signs of mental health challenges
- Builds understanding of the impact of those challenges
- Overviews common treatments
- Trillium offers virtual and in-person MHFA Trainings.

Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Please visit our website at
trilliumhealthresources.org/regional-operations/mental-health-first-aid
for more details and
upcoming trainings.



Getting Help

If you or someone you know is experiencing a behavioral health crisis in North Carolina, help is available 24/7.

- For immediate crisis support, call or text **988**.

- For the NC Peer Warmline, call **1-855-PEERS-NC**.
- In a life-threatening emergency, always call **911**.
- Visit TrilliumHealthResources.org for more info.