



# *What Is Mental Health First Aid?*

Mental Health First Aid (MHFA) is an educational program of the National Council for Behavioral Health. The course is designed to teach people how to recognize when someone is struggling emotionally, how to have an effective conversation about it and where to turn for help.

## **What will I learn in a Mental Health First Aid course?**

Mental Health First Aid (MHFA) is an eight-hour course which teaches participants:

- To recognize the signs and symptoms of common mental health conditions
- A five-step action plan on how to respond to someone experiencing psychological distress
- Where to guide others for mental health information and care
- Suicide prevention
- How to respond to an opioid overdose
- **BONUS!** Mental Health Resource Guide for the Bleeding Disorders Community

## **Why is this course important to this community?**

Living with a bleeding disorder can be stressful, expensive, unpredictable and at times, painful. These challenges can create the perfect storm for developing mental health conditions. This course provides knowledge on what to look out for and how to help a blood brother or sister going through a difficult time.

## **How can I get information about arranging a Mental Health First Aid course?**

This course is being offered to NHF/HFA chapters, hemophilia treatment centers and national organizations dedicated to the bleeding disorders community. This is an eight-hour course which can be divided into two four-hour sessions.

If you are interested in booking a MHFA course, please contact Mental Health Matters Too at [debbie@mhmttoo.com](mailto:debbie@mhmttoo.com) or 832-689-9434.