

About Mental Health First Aid

Mental Health First Aid is a course that gives people the skills to help someone who is developing a mental health challenge or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness and substance use.

Mental Health First Aid Teaches

- Risk factors and warning signs of mental health concerns
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone developing a mental health concern or crisis
- Professional, peer specialists and self-help resources

Partner Agencies



Alpert Jewish Family Service is a nationally recognized leader providing services supporting seniors, adults, children, and their families. Serving Palm Beach County since 1974, Alpert JFS is a nonprofit, non-sectarian organization with a reputation of delivering high-quality care to help members of the community in meeting life's challenges.

For More Information Contact:

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MENTAL HEALTH FIRST AID

Identify. Understand. Respond.





Adult Courses

This course is appropriate for anyone 18 years and older who wants to learn how to help a person experiencing a mental health-related crisis or problem.

In-Person - Learners will receive their training as an 8-hour, instructor-led, in-person course.

Blended - Students complete a 2-hour, self-paced online course, and participate in a 5.5-hour, instructor-led training.

This instructor-led training can be:

- A video conference
- An in-person class

Youth Courses

This course is designed to teach parents, family members, caregivers, teachers, school staff and other caring individuals how to help an adolescent (ages 12-18) who is experiencing a mental health or substance use crisis.

Who Needs to Know Mental Health First Aid?

- ✓ Caring individuals
- ✓ Employers/Employees
- ✓ Police officers
- ✓ Hospital staff
- ✓ First responders
- ✓ Teachers/School Staff
- ✓ Coaches/Counselors
- ✓ Parents/Guardians
- ✓ Youth Group Leaders
- ✓ Veterans

"Mini" Mental Health Trainings

Register for 1,2,3 or all trainings. Trainings are 1.5 hours and are offered in-person or online.

Topics include:

- Workplace Wellness
- Mental Health for (You)th
- Substance Use Disorder 101
- Mental Health is Everyone's Business
- Stop Mental Health Stigma? Challenge Accepted!



Learn how to respond with the Mental Health First Aid Action Plan (ALGEE)

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

