



# Mental Health First Aid



It's easy to tell when someone is choking or having a heart attack. But what does an anxiety attack or depression look like?

Do you know how to help someone having a panic attack, suicidal thoughts, or another mental health crisis?

A person's drug abuse can be a sign of mental illness.

**Mental Health First Aid is the help offered to a person experiencing a mental health crisis. First Aid is given until appropriate treatment and support are received, or until the crisis is resolved.**

To deliver Mental Health First Aid, remember **ALGEE!**

1. **Assess for risk of suicide or harm.** Talk to them when they are sober. Talk when you are in a calm mindset and in a private place. Be open and honest.
2. **Listen non judgmentally.** Do not interrupt them. Ask questions to show your concern. Help them feel understood. This makes it easier for them to ask for help.
3. **Give reassurance and information.** Know that quitting drugs is hard. DO NOT bribe, nag, or threaten them. Do not join them in using drugs. Do not make excuses for their behavior.
4. **Encourage appropriate professional help.** Encourage them to see a counselor, psychiatrist, doctor, social worker, etc. Many people don't seek help because they are afraid of what others think.
5. **Encourage self-help and other support strategies.** Encourage them to try a support group like Narcotics Anonymous. Encourage them to avoid friends and social settings that involve drug use.



**MENTAL  
HEALTH  
FIRST AID®**

Mental Health First Aid training is offered in an 8-hour course. If you want to learn more, or if you want to find or host a course at your church or other community group visit

**[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)**