

MENTAL HEALTH

First Aid

Help your patients. Help your colleagues. Help yourself.

#BeTheDifference



What is Mental Health First Aid? It is a course that teaches to identify the risk factors and warning signs for mental health and addiction and where to turn for help. Understand both recovery and resiliency and what individuals can do to get better.

Find a Mental Health First Aid course near you!

NAMI ([National Alliance on Mental Illness](#)) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Find a [NAMI MHFA course in Illinois](#).



MHFA, [Mental Health First Aid USA](#) offers courses and online resources. [Find a course near you](#), or email info@mentalhealthfirstaid.org to schedule a special training for your organization, company or group.



Encourage clinical teammates to complete a course. Become an ambassador for mental health training or become an instructor.

[Click here to learn more about becoming a instructor.](#)

#BeTheDifference with Mental Health First Aid.