



MENTAL HEALTH FIRST AID®

What is Mental Health First Aid?

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

Who Should Take Mental Health First Aid?

The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Youth Mental Health First Aid classes are also available for adults who frequently work or interact with youth.



Why Should YOU Take Mental Health First Aid?

- To recognize symptoms in a colleague who is struggling
- To help a friend who doesn't know how to reach out for help on their own.
- To better assist a client at work, showing them that they are not alone
- To encourage a family member that recovery is



How Do I Attend A Mental Health First Aid Class, or Host A Class For My Group?

NAMI DuPage is now offering Mental Health First Aid Classes in all of DuPage County! To attend an existing class, visit namidupage.org. If there are not any open classes listed contact the NAMI DuPage office for more information.

If you would like to host a class for your group or for the community, please go to namidupage.org or contact Sara Hynes at (630) 752 - 0066 ext. 216 or s.hynes@namidupage.org for more information and pricing.



Do You Live in Any of the Towns Below In DuPage County? You Might Be Able to Attend Or Host A Class for Free!

**Burr Ridge - Clarendon Hills - Darien - Downers Grove
Hinsdale - Oak Brook - Willowbrook - Willow Springs**

For more information go to namidupage.org or contact Sara Hynes at (630) 752 - 0066 ext. 216 or s.hynes@namidupage.org.

**NAMI DuPage - 115 N. County Farm Road
Wheaton, IL 60187 - 630-752-0066 -
www.namidupage.org**