



Mental Health First Aid

We think of First Aid as something administered to people in need of physical health intervention. What about people who need immediate assistance for their mental health?

Mental Health First Aid (MHFA) is an 8 hour course that teaches the skills needed to identify, understand, and respond to signs of behavioral health challenges or crises. Philadelphia is one of the first metropolitan areas in the U.S. to implement MHFA on a large scale.

Once a certified aider, you will be able to recognize behavioral health signs and administer aid until appropriate treatment and supports are received or until the crisis is resolved.

Philadelphia's Department of Behavioral Health and Intellectual disAbility Services offers MHFA training **FREE OF CHARGE** for individuals who live, work or study in the City of Philadelphia.

Get Trained

For more information:
visit www.HealthyMindsPhilly.org
email mhfa_philly@pmhcc.org
call **215.685.3755** (USA)

"I learned so much today that I feel I may be able to help others!"

-Community Member