

Mental Health First Aid

Sometimes first aid isn't
a bandage, or CPR,
or calling 911.

Sometimes first aid is
YOU!



Someone you know may be experiencing
a mental health crisis. **YOU can help them!**

Classes scheduled regularly! Contact Hannah at
(805) 540-6576 or hthenpas@t-mha.org for more information.

You are more likely to encounter someone - friend, family member, coworker, neighbor, or member of the community - in an emotional or mental health crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental health crisis, and connect them with the appropriate professional, peer, or self-help care.

Sometimes, the best first aid is **YOU.**

Take the course, save a life, strengthen your community.



WELLNESS • RECOVERY • RESILIENCE

*Inspiring hope, growth, recovery and wellness
in our communities.*

Transitions-Mental Health Association

