



Youth & Adult Mental Health First Aid

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

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

You'll also learn a five-step action plan, ALGEE, so you can support someone with signs and symptoms fo a mental illness or emotional crisis:

- **Asses** for risk of suicide or harm
- **Listen** nonjudgementally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

Mental Health First Aid is broken down into two different trainings: Adult Mental Health First Aid, geared towards adults who work with adults, and Youth Mental Health First Aid, geared towards adults who work with youth. Both classes are offered regularly and answer key questions like, "What do I do?" and "Where can someone find help?"

Someone you know could be experiencing a crisis. Take a course. Save a life. Strengthen your community.



4 reasons to take Mental Health First Aid:

1. **BE PREPARED.**
Just like learning CPR, you can learn how to help someone in a mental health or substance use related crisis.
2. **MENTAL ILLNESSES ARE COMMON.**
1 in 5 people experience mental illness in a given year.
3. **YOU CARE.**
Be there for a friend, family member, or colleague. Learn how to start a conversation.
4. **YOU CAN HELP.**
People with mental health illnesses often suffer alone. Learn where and how to step in and offer support.



For more information and upcoming classes, visit compasshealth.org/mentalhealthfirstaid

Local Behavioral Health Resources

Organization/Agency	Website	Phone	
Compass Health	General Info: compasshealth.org Services: compasshealth.org/our-services	Referral/Access Info: 844-822-7609	From comprehensive mental health treatment, to crisis intervention, children's services and community education, Compass Health serves people of all ages throughout Snohomish, Skagit, Island, San Juan, and Whatcom counties.
Volunteers of America, Care Crisis Line	imhurting.com	1-800-584-3578	VOA Care Crisis Response Services offer 24-hour emotional support to individuals in crisis and/or considering suicide. They will dispatch a crisis response team if necessary.

National Behavioral Health Resources

Organization/Agency	Website	Phone	
Lifeline Chat	suicidepreventionlifeline.org/chat	800-273-8256	Connecting individuals with counselors for emotional support and other services via web chat; Crisis Text Line: 741741
National Alliance on Mental Illness	nami.org	800-950-6265	Mental health education, support groups; info@nami.org
National Domestic Violence Hotline	thehotline.org	800-799-7233	Support to anyone experiencing domestic violence or seeking resources and information
National Sexual Assault Hotline	rainn.org	800-656-4673	Trained staff member from a sexual assault service provider in your area; Crisis chat: hotline.rainn.org/online
National Suicide Prevention Lifeline	suicidepreventionlifeline.org	800-273-8255	Network of local crisis centers for emotional support to people in suicidal crisis or emotional distress; Crisis Text Line: 741741
SAMHSA's National Helpline	samhsa.gov/find-help/national-helpline	800-662-4357	Treatment referral and information service for mental and/or substance use disorders