Why Mental Health First Aid?

Mental health problems are **COMMON.**

Learn how to **NOTICE** when someone needs help

STIGMA is associated with mental health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always on hand.

Encourage community members to **SUPPORT ONE ANOTHER.**

Individuals with mental health problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP THEY NEED.**

Many people are not well informed and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You might **SAVE A LIFE.**