

ADULT MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Adult Mental Health First Aid (MHFA) teaches how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

Cost: Free with ROPTA.

Now offering the
Rural Population
and Older Adult
MHFA modules!

WHAT DOES ADULT MENTAL HEALTH FIRST AID COVER?

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

WHO SHOULD TAKE ADULT MENTAL HEALTH FIRST AID?

- Employers
- Police Officers
- Hospital Staff
- First Responders
- Faith Leaders
- Friends & Family
- Volunteers
- Caring Individuals

HOW DO YOU LEARN MENTAL HEALTH FIRST AID?

- **IN-PERSON** - Learners receive their training during a 6.5-hour, instructor-led in-person session.
- **VIRTUAL** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led virtual training.

107,000

PEOPLE DIED OF
A DRUG
OVERDOSE IN
2022



1 IN 5

ADULTS
LIVE WITH A MENTAL
HEALTH CONDITION



**CONNECT WITH ROPTA
TO LEARN MORE!**



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