Mental Health First Aid

Crisis Response and Suicide Prevention · https://bridges4mentalhealth.org/hub/crisis-response-and-suicide-prevention/mental-health-first-aid/

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

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