



MENTAL
HEALTH
FIRST AID®



Idaho State
University

Continuing Education
and Workforce Training

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.

LEARN MORE INFORMATION ON MENTAL ILLNESS AND ADDICTION DISORDERS:

- Warning signs
- Strategies to help someone in both crisis and non-crisis situations
- Risk factors
- Where to turn for help

FREE



Visit cetrain.isu.edu/enrollment/course/mental-health-first-aid/
or call 208-282-3372 to register and learn more