

MHFA 5-STEP ACTION PLAN

1. Assess for risk of suicide or harm
2. Listen non-judgmentally
3. Give reassurance and information
4. Encourage appropriate professional help
5. Encourage self-help and other support strategies



To become certified or reserve a course
today call 352-374-5600 ext. 8652

*Wellness is
within everyone's reach.*

Our Mission

To promote the health, recovery, and well-being of those affected by mental illnesses and substance use disorders through prevention, coordinated treatment, and supportive services.



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**Mental Health
First Aid
(MHFA)**



Help others find their strength

Mental Health First Aid (MHFA) is the initial help given to someone experiencing a mental health or emotional crisis before professional help is obtained.

In the MHFA 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.

*If you or someone you know is feeling suicidal, please dial **352-374-5600** (option 1) for our **24/7 crisis line**, immediately.*

Course topics include:

- Depression and Mood Disorders
- Anxiety Disorders
- Trauma
- Psychosis
- Substance Use Disorders
- Suicide Prevention
- Community Resources

MHFA teaches about **recovery and resiliency** - *The belief that individuals experiencing these challenges can and do get better, while using their **strengths** to stay well.*



What would you do?

- Your **friend** was a victim of physical assault and has since been diagnosed with an anxiety disorder. You are with her when she breaks into a sweat, doubles over as if in pain and starts to hyperventilate.
- Your **teenage son** seems to be anxious, suspicious and irritable most of the time. He has the most bizarre plans for the future and he is acting as if he has not slept for a week.
- You are at work when your **ex-boyfriend** calls. He sounds really depressed and he says he wants to kill himself.
- A **fellow employee** seems to have recently lost all pride in his appearance and enthusiasm for life. His speech is sluggish at times, he states he “just feels sad all the time,” and tells you he has given away his favorite possessions.
- Your **best friend** has used marijuana regularly since you both were in high school and she also drinks occasionally. Lately she has become confused and anxious. She talks a lot of nonsense and seems to have undergone a complete personality change.

