



## **Mental Health First Aid**

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem (including a substance use problem), experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves.

In a Mental Health First Aid training course, attendees learn about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well. They also learn about Mental Health First Aid’s five-step action plan, ALGEE:

- Assess for risk of suicide or harm**
- Listen nonjudgmentally**
- Give reassurance and information**
- Encourage appropriate professional help**
- Encourage self-help and other support strategies**

If you or a loved one needs help coping with tragedy, please contact Capital Area Human Services:  
Adults 225-925-1906  
Children 225-922-0445  
[www.realhelpbr.com](http://www.realhelpbr.com)

Louisiana Office of Behavioral Health 24-hour Crisis Counselor 866-310-7977

### **CAPITAL AREA HUMAN SERVICES**

4615 Government Street, Building 2 | Baton Rouge, LA 70806 | (225) 925-1906 | [www.cahsd.org](http://www.cahsd.org) | [www.realhelpbr.com](http://www.realhelpbr.com)