Why Mental Health First Aid?

Mental Health First Aid for Veterans, Military Members and their Families teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

“So many people are out there wishing for something better, hoping that help will show up. That’s what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place.”

—Tousha Paxton-Barnes, U.S. Army Veteran