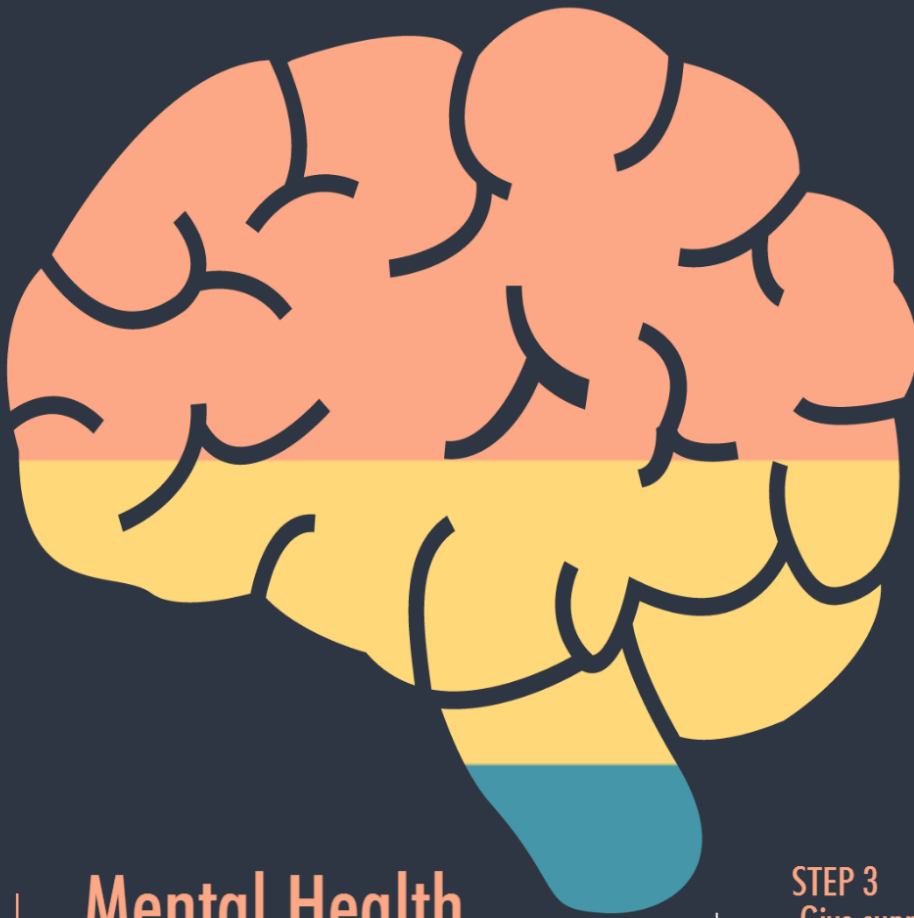


# MENTAL HEALTH FIRST AID



Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis

Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved

## Mental Health First Aid steps

### STEP 1

Approach the person, look out for and assess any crises and assist the person in dealing with them. Always make sure that the person is not at risk of harming themselves or others

### STEP 2

Listen non-judgmentally. When listening, it is important to set aside any judgments made about the person or their situation, and avoid expressing those judgments

### STEP 3

Give support and information. Offer emotional support and practical help with tasks. Ask the person whether they would like information about mental health problems

### STEP 4

Encourage the person to get appropriate professional help. Tell them about options available to them for help and support, such as medication or psychological therapy

### STEP 5

Encourage the person to use self-help strategies and to take care of themselves, as well as seeking the support of family, friends and mental healthcare professionals



References: World Health Organisation  
Psychological first aid: Guide for field workers  
[http://www.who.int/mental\\_health/publications/guide\\_field\\_workers/en/](http://www.who.int/mental_health/publications/guide_field_workers/en/)

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