

Mental Health First Aid (MHFA)

Teaching people to identify and respond to signs of mental illness or substance use disorders.



SUPPORT - SUGGEST - CONNECT

those in need to the resources to help

163,000 * MONTANANS
ages 18+ had a
**DIAGNOSABLE
MENTAL ILLNESS**

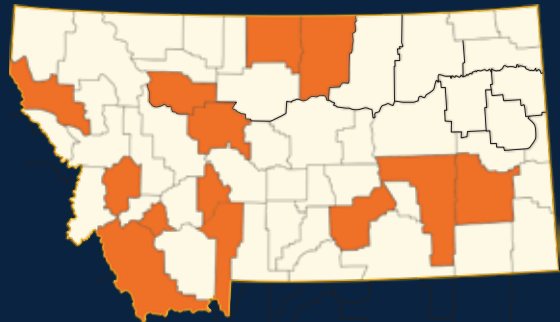
We all know someone—a friend, family member, coworker, or neighbor—who has experienced mental illness. Mental Health First Aiders provide informed and compassionate support to promote better health outcomes for people experiencing problems.

Mental Health First Aiders are trained to respond in supportive ways to someone experiencing a mental health problem, as well as suggest and connect people to community resources, especially professional help.

301 Montanans
were trained in 2019

115 in Youth MHFA
186 in Adult MHFA

MHFA is designed to increase knowledge and build skills to help someone who is experiencing mental health problems. The training includes information about signs and symptoms of mental health problems and provides opportunities to practice response skills for specific types of problems.



In 2019, MHFA Courses were taught in 13 Counties and Reservations

of Montana's High School Students:
36.7% FELT SAD or HOPELESS
23.4% seriously **CONSIDERED SUICIDE**
10% HAD ATTEMPTED SUICIDE**

Montana's **MHFA courses are available in traditional, blended, and virtual formats.** Classes may be requested at http://health.msuextension.org/mental_health.html

80,000 * MONTANANS
ages 12+ had a **SUBSTANCE USE DISORDER**

*2018 Estimated by SAMHSA, 2019

**Montana Office of Public Instruction. (2019). 2019 Montana Youth Risk Behavior Survey High School Results: Full Report.