

Mental Health First Aid in Texas

Mental Health First Aid (MHFA) is a skills-based training that introduces participants to signs and symptoms of mental health and substance use concerns, builds understanding of their impact and gives an overview of common treatments and resources.



Three MHFA courses are available:

- 1. Adult MHFA** – teaches adults how to recognize and support other adults who experience a mental health or substance use challenge.
- 2. Youth MHFA** – teaches adults how to recognize and support children and youth who experience a mental health or substance use challenge.
- 3. Teen MHFA** – teaches 10th, 11th and 12th grade participants how to recognize and support other teens who experience a mental health or substance use challenge.



Recovery and resiliency —

The belief that people experiencing behavioral health challenges can get better and rely on their unique strengths to stay well.

MHFA removes the fear and hesitation from starting conversations about mental health and substance use problems. During the course, participants learn how to apply the MHFA action plan, which teaches skills to support someone in need, in a variety of situations.

Become a vital link —

Knowing how to start a conversation with someone about their well-being is the first step to getting them the help they need. After completing MHFA training, participants become “Mental Health First Aiders,” a vital link between someone experiencing a mental health or substance use challenge and appropriate supports.

“This training was enjoyable, and I feel like I learned something I can use daily.”

Want to take a course?

- Email MentalHealthFirstAid@hhsc.state.tx.us to learn how to take a MHFA course as a Texas Health and Human Services employee.
- Click on texashhs.org/mentalhealthfirstaid to learn how to take a course through your Local Mental or Behavioral Health Authority as a community member.



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