

# Supporting Mental Health in Communities

## ► Who We Are

**Purdue Extension** reaches people of all ages across Indiana. We are professionals who live and work in all 92 counties, bringing university information, resources, and insights that help people strengthen families, spend smart, eat right, and live well.

## ► How Can Purdue Extension Help?

**Purdue Extension** offers the **Mental Health First Aid** program in communities across the state. Mental Health First Aid is an eight-hour course to educate individuals about how to interact with and support someone who may be developing a mental health issue or experiencing a crisis.



Mental Health First Aid helps participants:

- Recognize the signs and symptoms of several mental health issues
- Gain new perspectives about the stigma surrounding mental health struggles
- Learn how to start conversations with those at risk and encourage them to seek help
- Understand available resources for mental health and chemical dependency services

## ► Adult and Youth Courses

Adult and Youth versions of Mental Health First Aid are available to address concerns for different age ranges. Both are designed for adult participants, as the Youth version is for adults who frequently interact with youth (including parents, school personnel, etc.).

## ► Who Should Attend?

Mental Health First Aid is open to any adult who is interested to learn. No prior training or specific education is needed, and all experiences are welcome. Continuing Education Units (CEUs) are available for certain professions.

For more information, a list of course locations, and to register, visit:

[extension.purdue.edu/mhfa](https://extension.purdue.edu/mhfa)



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING