

Being a Mental Health First Aider

MENTAL HEALTH FIRST AIDER

Roles and responsibilities include:

- A point of contact for anyone experiencing a mental health problem
- Identifying the signs and symptoms of mental ill health
- Start supportive conversations
- Listen non-judgementally and provide reassurance
- Assess the risk of self-harm and suicide
- Signpost and encourage professional support
- Reduce mental health stigma
- Summon for the appropriate emergency services if necessary
- Maintain confidentiality