



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## ACTION PLAN

- A** **APPROACH, ASSESS** for risk of suicide or harm.
- L** **LISTEN** nonjudgementally.
- G** **GIVE** reassurance and information.
- E** **ENCOURAGE** appropriate professional help.
- E** **ENCOURAGE** self-help and other support strategies.

## MENTAL HEALTH RESOURCES

**988** **Mental Health Crisis Line**  
CALL OR TEXT TO ACCESS SUPPORT  
ANYWHERE IN THE U.S.

**Crisis Text Line** | Text HELLO to 741741

**Domestic Violence National Hotline** | 800-799-7233;  
Text START to 88788

**Eating Disorder Hotline** | 888-375-7767

**Linea de Vida Nacional para la Prevencion del Suicidio**  
988

**Maternal Mental Health Hotline** | 833-943-5746

**RAINN (sexual violence)** | 800-656-4673

**The Trevor Project (LGBTQIA+)** | 866-488-7386;  
Text START to 678678

**Trans Lifeline** | 877-656-8860

**Veterans Crisis Line** | 988 Press 1 to talk to someone;  
Text 838255 to connect with a VA responder

**YouthLine** | 877-968-8491 or Text teen2teen to 839863

Since 2008, the Bert Nash Center has been providing Mental Health First Aid training for community members and professionals across the country. To find out more about the Center and sign up for a Mental Health First Aid Class, please visit our website:

[BertNash.org/MHFA](https://BertNash.org/MHFA)

  
**Advent Health**

  
COMMUNITY MENTAL HEALTH CENTER

RESPONDING TO NEEDS RESTORING LIVES BUILDING A HEALTHY COMMUNITY

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