



**MENTAL
HEALTH
FIRST AID®**

MHFA ACTION PLAN



The Bert Nash Center has been doing Mental Health First Aid since 2008! To find out more about the Center and sign up for a Mental Health First Aid class, please visit our website:

BertNash.org

MENTAL HEALTH RESOURCES

Mental Health Crisis Line 988

National Suicide Prevention Lifeline
(800)273-8255

Crisis Text Line
Text HELLO to 741741

Domestic Violence National Hotline
(800)799-7233 or text START to 88788

Eating Disorder Hotline
(888)375-7767

Línea de Vida Nacional para la Prevención del Suicidio
(888)628-9454

Maternal Mental Health Hotline
(833)943-5746

RAINN (sexual violence)
(800)656-4673

The Trevor Project (LGBTQ)
Call (866)488-7386 or Text START to 678678

Veterans Crisis Line
(800)273-8255 Press "1" to talk to someone
or Text 838255 to connect with a VA responder



RESPONDING TO NEEDS

RESTORING LIVES

BUILDING A HEALTHY COMMUNITY