

NUCE 7002: Mental Health First Aid

NUCE 7002 Mental Health First Aid USA Mental Health First Aid USA? is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression substance use, bipolar disorder and schizophrenia.