Who We Are

Purdue Extension is a network of educators, specialists and volunteers who live and work in each of Indiana’s 92 counties. We connect Indiana’s communities to world-class Purdue University research and a team of experts on agriculture, community, families, health and youth development.

How Can Purdue Extension Help?

Purdue Extension has a team of certified facilitators of Mental Health First Aid who are ready to bring this important, and sometimes life-saving, course to your community, organization, or business.

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

To learn more or schedule a Mental Health First Aid course, visit: extension.purdue.edu/opioids

Proven Results

Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration National Registry of Evidence-Based Programs and Practices. Individuals trained in Mental Health First Aid:

• Can identify multiple types of professional and self-help resources for individuals with a mental illness or substance use disorder.
• Grow their knowledge of signs, symptoms and risk factors of mental illnesses and substance use disorders.
• Increase their confidence in and likelihood to help an individual in distress
• Lessen stigmatizing attitudes.
• Show increased mental wellness themselves.

www.extension.purdue.edu/opioids

1Mental Health First Aid. Accessed at mentalhealthfirstaid.org