Who We Are

Purdue Extension reaches people of all ages across Indiana. We are professionals who live and work in all 92 counties, bringing university information, resources, and insights that help people strengthen families, spend smart, eat right, and live well.

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 often life-saving, course to your community, organization, or business. For a list of course locations and to register, visit: extension.purdue.edu/opioids

Mental Health First Aid is an 8-hour training that teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. Mental Health First Aid courses will educate on signs and symptoms of a variety of mental health disorders such as anxiety, depression, substance use (including opioids), trauma and deliberate self-injury. Participants will learn how to assist those in need during specific situations in an attempt to get an individual appropriate help from a health professional.

Proven Results

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

Who Should Attend?

Mental Health First Aid is open to any adult who is interested and wants to learn skills to assist those who may be in need. These courses have been attended by law enforcement, healthcare providers and professionals, school personnel, faith-based leaders, farmers, veterinarians, and concerned family members and friends.

www.extension.purdue.edu/opioids

1Mental Health First Aid. Accessed at mentalhealthfirstaid.org