



Mental Health First Aid

MHFA

Northern Ireland

Produced by the
Public Health Agency
www.publichealth.hscni.net



Public Health
Agency



DHSSPS

Department of Health, Social Services
and Public Safety
www.dhsspsni.gov.uk

The action plan for MHFA has five basic actions:

Action 1: Asses the risk of suicide or harm

Action 2: Listen non-judgementally

Action 3: Give reassurance and information

Action 4: Encourage the person to get appropriate professional help

Action 5: Encourage self-help strategies

