



Mental Health First Aid USA

Claire Kelly Betty Kitchen Anthony Jorm

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From the first page: "This manual is an accompaniment to the 12-hour Mental Health First Aid USA training course designed to teach lay people methods of assisting someone who may be in the early stages of developing a mental health problem or in a mental health crisis. The course information is most relevant in situations where it becomes apparent to others that persons in their social network are developing serious mental health problems. However, the course also may provide useful information on how to assist a person who has a history of a mental disorder or longer-term mental health problems."

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