



Become Certified in Mental Health First Aid

NAMI New Orleans 1,524 Tweets

Tweets Tweets & replies Media Likes



NAMI New Orleans @NAMINew... · 2h ✓
We had a surprise visit from @BeeThe1ToHelp on Friday! They held their first virtual 5K, in memory Aaren "Bee" Fontenette-Brown. The money they raised will go towards free programs like our Mental Healthcare Navigation Team. Thanks, #TeamBee! #BeeThe1ToHelpSomeone



**BeeThe1ToHelpSomeone
At NAMI New Orleans
After 2018 1st 5K Virtual Run/ Walk**

MENTAL HEALTH FIRST AID TRAINING

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is YOU. A person you know could be experiencing a mental health or substance use problem. Take a course. Save a life. Strengthen your community.

Mental Health First Aid (MHFA) is an 8-hour course that teaches anyone 18 years or older how to identify, understand, and respond to someone expressing signs of addiction, mental illness, or mental health crisis. In just ten years, MHFA has been included in SAMHSA's Registry of Evidence-Based Programs and Practices.

Check out a NAMI office near you for the Mental Health First Aid courses to assist young people and adults experiencing mental health problems or crises.

Please tag **#beethe1tohelpsomeone** on Instagram when you've signed us.

Thank you for supporting #TeamBee!

Ask Congress to help prevent suicide by passing the National Suicide Hotline Designation Act, H. R. 4194. The bill would create an easy to remember 3-digit number as the nationwide hotline for mental health crisis. Your help can make this nation-wide number a reality by contacting your US Representative (202) 225-3121 and US Senator (202) 224-3121.

