

Mental Health First Aid for Military Members, Veterans & Their Families

Military service has a profound impact on the service member and their family. Many experience post-traumatic stress disorder (PTSD), major depression and drug and alcohol issues. This 8-hour training gives you the tools you need to help someone showing signs of a mental health or substance use problem or experiencing a mental health crisis. Take the class and make a difference in someone's life.



Risk factors
common to military
families



Signs and symptoms
of mental illness and
drug and alcohol use



A 5-step action
plan to help
someone in need



Professional and
self-help resources

Register Today

Visit bit.ly/MHFATexas or contact us at
mhfa.vet@integralcare.org or 512-831-9679.
Training is free, thanks to a grant from SAMHSA.



If you have concerns about our services or staff, please contact us at feedback@integralcare.org or at **512-440-4086**.

Additional Support for Military Members, Veterans & Their Families

Once you've taken Mental Health First Aid, you may take other free trainings to support veterans and service members in our community.

- **Columbia-Suicide Severity Rating Scale (C-SSRS)**
Learn the right questions to ask to identify people of all ages at risk for suicide.
- **Counseling on Access to Lethal Means (CALM)**
Reducing access to lethal means, such as firearms, can save the life of someone at risk of suicide. Learn how to work with veterans, service members and their families to reduce access to lethal means.
- **Safety Planning Intervention (SPI)**
Learn how to develop an effective safety plan with veterans, service members, their families and/or caregivers. A safety plan helps a person stay safe during a mental health crisis.

To register or learn more, please contact us at mhfa.vet@integralcare.org or 512-831-9679.