



**Mental Health First Aid**

**MHFA**

**Northern Ireland**

Produced by the  
Public Health Agency  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)



Public Health  
Agency



**DHSSPS**

Department of Health, Social Services  
and Public Safety  
[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

**The action plan for MHFA has five basic actions:**

**Action 1: Assess 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**

