

MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION

Research shows nearly
1 in 5
university students
is affected with
ANXIETY OR DEPRESSION.

*The Conversation via the
American College Health Association*

In spring 2017, nearly
40%
of college students
said they had felt so
depressed in the prior
year that it was
difficult for them
TO FUNCTION.

*Time via American
College Health Association*

Young adults between
the ages of
18–25
are at highest risk for
OPIOID USE PROBLEMS.

NBC News

Why Mental Health First Aid?

Mental Health First Aid for Higher Education teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training — which focuses on the unique experiences and needs of college students — gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT

- Students (at least 18 years of age)
- Faculty members
- Resident advisors
- Campus law enforcement
- Academic advisors
- Counselors
- Campus clergy
- Financial aid employees
- Coaches and athletic personnel
- Administrators
- Librarians

WHAT IT COVERS

- A discussion of campus culture and its relevance to the topic of mental health.
- A discussion of the specific stress and risk factors faced by those in higher education.
- Applying the action plan in a number of scenarios designed specifically for faculty, administration and students.
- A review of the mental health resources available on campus and through partnerships in the community.

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



MENTAL
HEALTH
FIRST AID®

**“It was clear to me we needed to do this [Mental Health First Aid].
I wouldn’t let it go.... My sense is we have a responsibility to
pay close attention to the issues and look after our community [campus].”**

—Donald H. DeHayes, *Provost and Vice President
for Academic Affairs, University of Rhode Island*