



MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION



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

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 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.

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*

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.

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

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.