



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



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?

Prepare your campus to address mental health and substance use challenges commonly experienced in higher education settings. Developed by people who have experienced mental health challenges and mental health professionals, this course teaches early intervention techniques and improves mental health literacy to help you understand, identify and respond to signs and symptoms of mental health and substance use challenges.

Our engaging training program will help you decrease stigma, address tough challenges, and allow your students, professors, and other school faculty to show up fully in their daily lives and support those around them.

88%*

of college students
reported their school
life to be stressful.

60%*

of college students
met the criteria for
at least one mental
health challenge.

1/2*

of college students
followed from freshman
to junior year met criteria
for at least one substance
use challenge
during that time.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- The relevance of mental health to the campus community.
- Risk factors and protective factors specific to the higher education setting.
- Using the MHFA Action Plan (ALGEE) in scenarios designed specifically for faculty, administration and students.
- National, campus and community mental health resources.

WHO SHOULD TAKE IT

- Students ages 18 and up
- Faculty
- Resident advisors
- Academic and career advisors
- Campus clergy
- Financial aid employees
- Coaches and athletic personnel
- Administrators

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

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

GET CERTIFIED

Find a course at MentalHealthFirstAid.org

Contact us at: Hello@MentalHealthFirstAid.org