

# MENTAL HEALTH

## FIRST AID

**1 in 5** U.S. adults

experience mental illness according to a 2019 study.

*National Alliance on Mental Illness*

In Spring 2017, nearly **40%**

of college students reported feeling 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 higher risk for **OPIOID USE PROBLEMS**

*NBC News*

From 1999 to 2019,

**841,000**

people died from drug overdoses.

*Centers for Disease Control and Prevention*



For Higher Education

Students, Staff & Faculty

### What is Mental Health First Aid?

Mental Health First Aid is an in-depth training program teaching people how to identify and help someone who is developing a mental health problem or experiencing a mental health crisis. This course will give you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance abuse problem and connect them to the appropriate care. Training will consist of 2 hours of self-paced pre-work and an instructor led portion lasting 5 - 5 1/2 hours from UHCL Counseling Services staff.

#### IDEAL FOR:

- Faculty
- Staff
- Any students interested in Mental Health, or enrolled in:
  - Social Work, Counseling, Psychology or Education related programs
  - Masters or Doctorate level courses
  - Practicum/Intern/Extern courses
- Anyone that wants to learn!

#### WHAT IT COVERS

- Signs and symptoms of mental health and substance use problems
- Protective and risk factors associated with mental health and substance use
- A 5-step action plan to help someone who is developing a mental health problem or in crisis
- Skill development and application
- Available evidence-based professional, peer and self-help resources

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

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

*"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

To find a course or contact an Instructor in your area,

visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) or email [Hello@MentalHealthFirstAid.org](mailto:Hello@MentalHealthFirstAid.org).

