

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 ½ 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 or email Hello@MentalHealthFirstAid.org.

