

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.

WANT TO TAKE THE COURSE?

Where: **UAHS**
When: **March 27 and March 29 from 8am-12noon (both days required)**
Register Here: asuttonryan@email.arizona.edu



MENTAL
HEALTH
FIRST AID®