To find a course or contact an Instructor in your area, visit MentalHealthFirstAid.org or email Hello@MentalHealthFirstAid.org.

**Mental Health First Aid for Higher Education**

**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.

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**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

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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

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**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

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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.

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