

# 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 with lived experience of mental health challenges and 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.

### 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
- Administrators
- Coaches and athletic personnel

### Training formats

- **In-person 1 Day:** Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day:** Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

#### Sources:

\*<https://americanaddictioncenters.org/rehab-guide/college>

\*\*<https://www.apa.org/monitor/2022/10/mental-health-campus-care>

\*\*\*<https://psychiatryonline.org/doi/10.1176/appi.focus.20180037>



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