

Mental Health First Aid in Higher Education

College and university students have unique stress and risk factors related to the demands of school; balancing academic, social, and employment responsibilities while being independent and away from family, friends, and other supports — often for the first time.

Today, 40% of young adults age 18-24 are enrolled in a two or four year educational institution. Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification. However, the number one reason students say they do not use mental health resources is lack of knowledge that those resources even exist.

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid USA is a training — like regular First Aid or CPR — designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of specific illnesses.

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:





WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid helps people know that mental illnesses and addictions are real, common and treatable and that

WHO SHOULD TAKE THE COURSE?

Mental Health First Aid for Higher Education is ideal for anyone who regularly interacts with students, both on and off campus, including:

- Students
- Faculty
- Resident Advisors
- Campus clergy
- Campus law enforcement
- Academic advisors
- Counselors
- Financial aid employees
- Coaches and athletic personnel
- Administrators
- Event staff
- Librarians

about what mental health problems look like and what really goes on. It was especially good to get rid of the stigma that surrounds this subject. I found it very useful as a resident a

- Campus Resident Advisor

Excellent, informative and important. This course should be mandatory for all faculty and student services staff.

- Faculty Member

To find a course or contact an instructor in your area, visit www.MentalHealthFirstAid.org

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

