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

WANT TO TAKE THE COURSE?

Where: Online for CSU Faculty
When: Various Dates

REGISTER BELOW!