

# 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

## WANT TO TAKE THE COURSE?

**Where:** Online for CSU Faculty

**When:** Various Dates

**REGISTER BELOW!**

<https://calstate.eventsair.com/mental-health-first-aid---winter-2025/registration/Site/Register>



MENTAL  
HEALTH  
FIRST AID®