



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



MENTAL HEALTH FIRST AID FOR FACULTY, STAFF & STUDENTS

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Higher Education teaches faculty, staff and students how to identify, understand and respond to signs of mental illnesses and substance use disorders.

WHAT DOES IT COVER?

This 8-hour training 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.



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

To find a course scan QR code or visit go.rutgers.edu/healthresources
For more information email kate.woodside@rutgers.edu.

