

AGENDA

MENTAL HEALTH FIRST AID® FOR HIGHER EDUCATION



SESSION ONE

- What is Mental Health First Aid?
- Overview of Higher Education Culture
- Mental Health Problems in the United States
- Mental Health First Aid Action Plan
- Understanding Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
 - Suicidal Behavior
 - Depressive Symptoms
 - Non-suicidal Self-Injury

SESSION TWO

- Mental Health First Aid Action Plan for Depression and Anxiety (continued)
 - Panic Attacks
 - Traumatic Events
 - Symptoms of Anxiety
- Understanding Psychosis
- Mental Health First Aid Action Plan
 - Psychosis
 - Disruptive or Aggressive Behavior
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
 - Overdose
 - Withdrawal
 - Substance Use Disorders
- Using your Mental Health First Aid Training
- Higher Education Resources