



FREE Mental Health First Aid Training

The initial help given to an adult person showing symptoms of mental illness or in a mental health crisis until appropriate professional or other help can be engaged.

The Mental Health First Aid program is an interactive 6 hour virtual training.
After completing this training, the participant will receive a 3-year certification, which can be renewed.

ECC Students: Register to Attend



Friday, April 7th, 2023

9 AM – 3:30 PM

Please contact Victoria Beckwith with any questions!

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For accessibility-related questions, please contact Student Health Services at (310) 660-3643.



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*

**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.

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 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.

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.

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



It was clear to me we needed to do this [Mental Health First Aid]. I wouldn't let it go...My sense is we have a responsibility to pay close attention to the issues and look after our community [campus]."

— **Donald H. DeHayes**, Provost and Vice President for Academic Affairs, University of Rhode Island