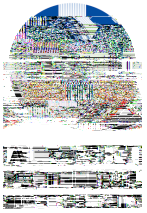




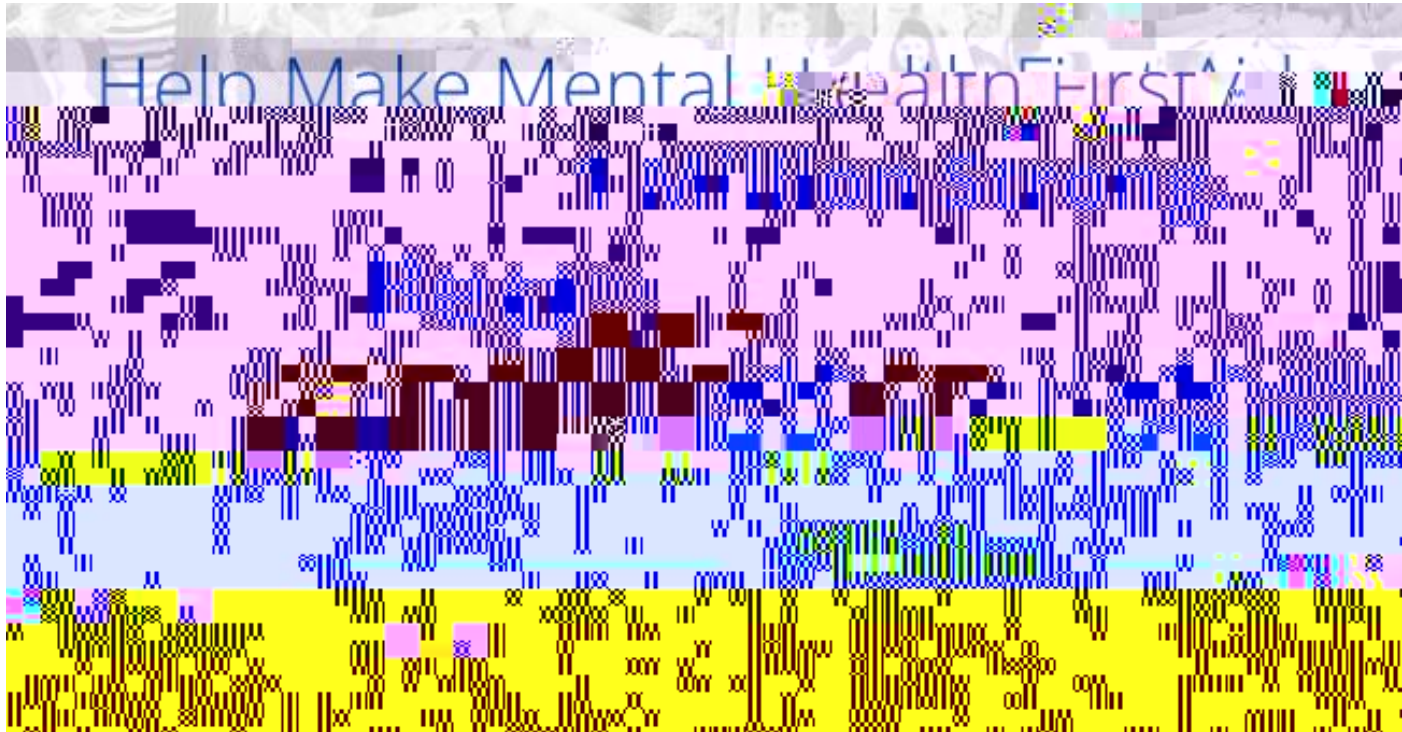
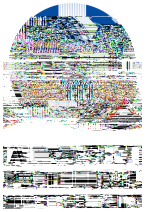
Amy Lehman  
Director, DS&BS  
Hartnell College



**Mental Health First Aid** is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

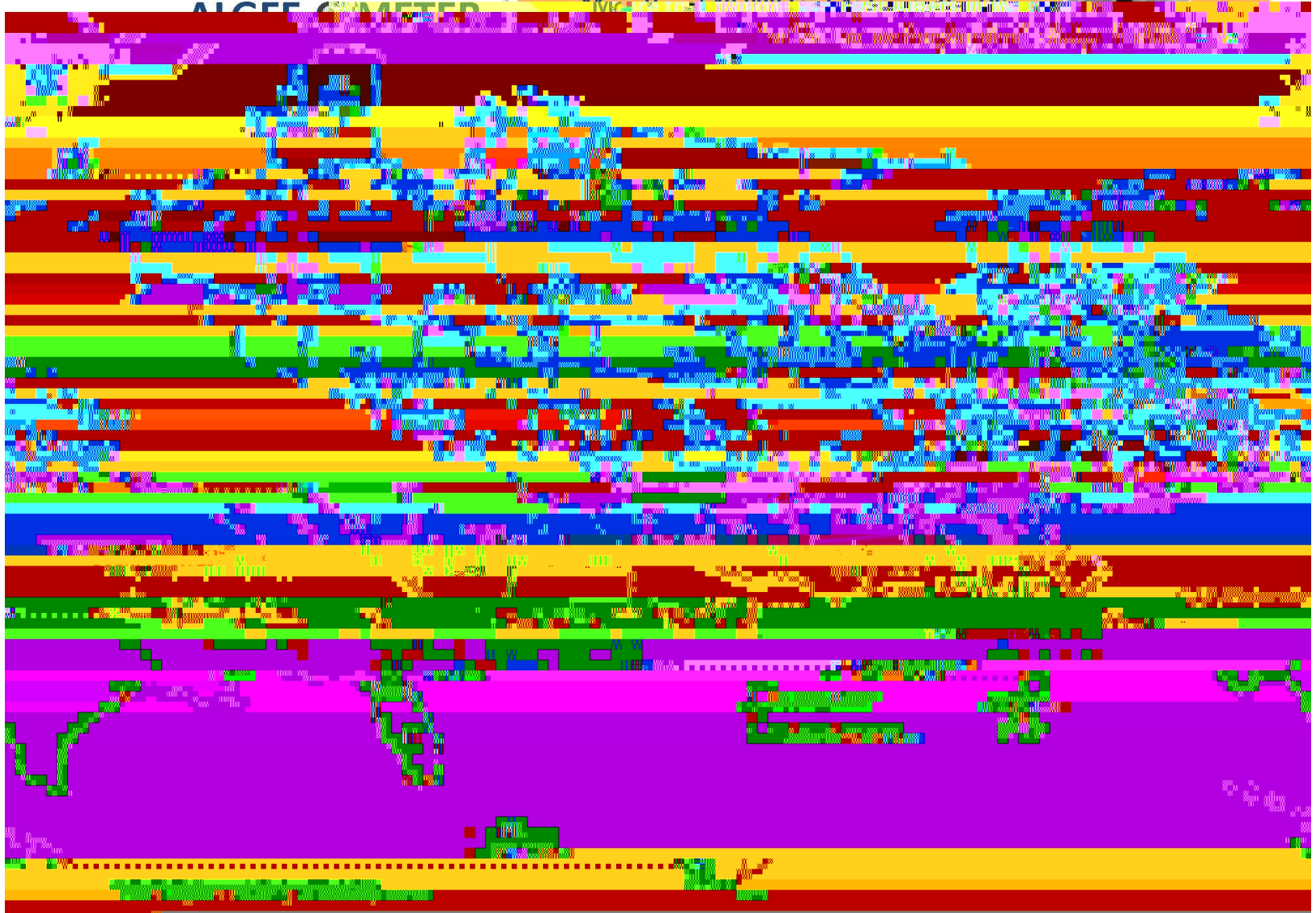


# Be 1 in a Million



- 🇺🇸 Campaign launched by the National Council in January 2016 in an effort to [train 1 million people](#) in Mental Health First Aid
- 🇺🇸 Since the launch in January, more than 50,000 new First Aiders have been trained. *[as of April 2016]*

# Who We're Reaching





# Mental Health First Aiders Are...

Teachers, supervisors, first responders, caretakers, co-workers,  
**First Ladies...**



# Evidence



[Redacted text]

[Redacted text]

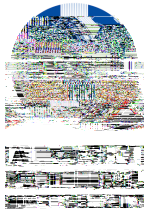
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# Government Support



75 The Mental Health First Aid Act of 2015 (S. 711) (R)

First Aid...

... 40 ...

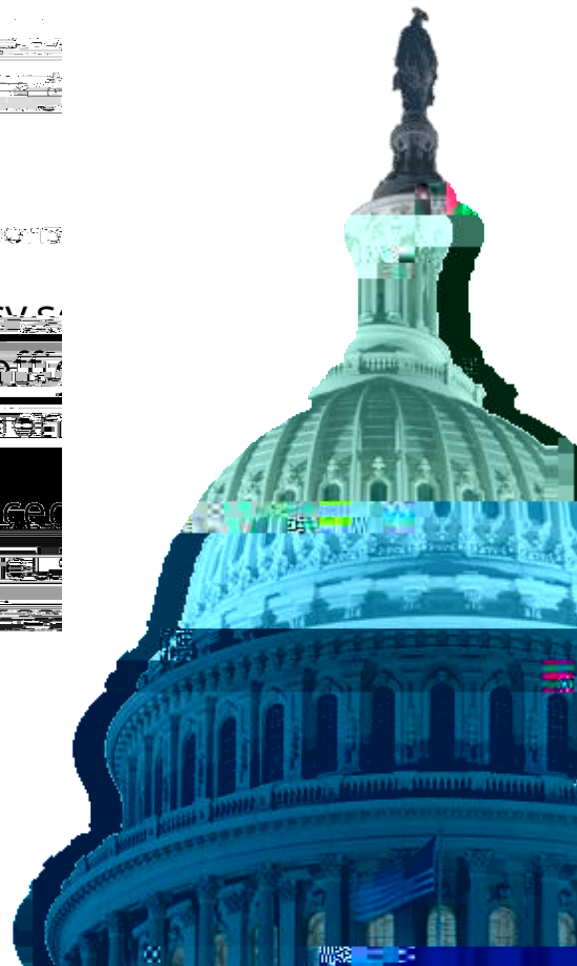
... personnel, police ... Offered to emergency s...

... care ...

... students, ...

... in the Senate by Senators Kelly Ayotte (R) ... Introduced

... ...





# Why Mental Health First Aid?

Mental health problems are

**COMMON.**

Learn how to **NOTICE** when

someone needs help

associated with  
mental health problems

**STIGMA IS**

heal

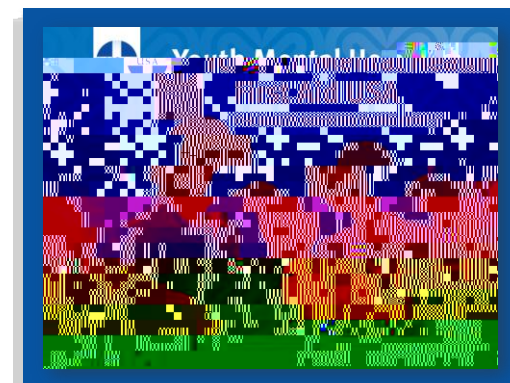
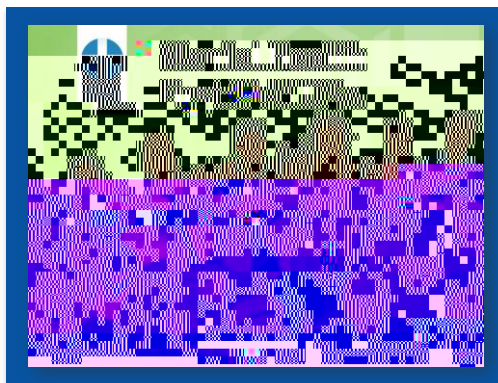
and **KNOW HOW TO RESPOND!**





# What Participants Learn

- 🇺🇸 **Risk factors and warning signs** of mental health and substance use problems
- 🇺🇸 **Information** on depression, anxiety, trauma, psychosis and substance use
- 🇺🇸 **A 5-step action plan** to help someone who is developing a mental health problem or in crisis
- 🇺🇸 **Available evidence-based professional, peer and self-help resources**



# Mental Health First Aid Action Plan



**A**ssess for risk of suicide or harm



**L**isten nonjudgmentally

**G**ive reassurance and information

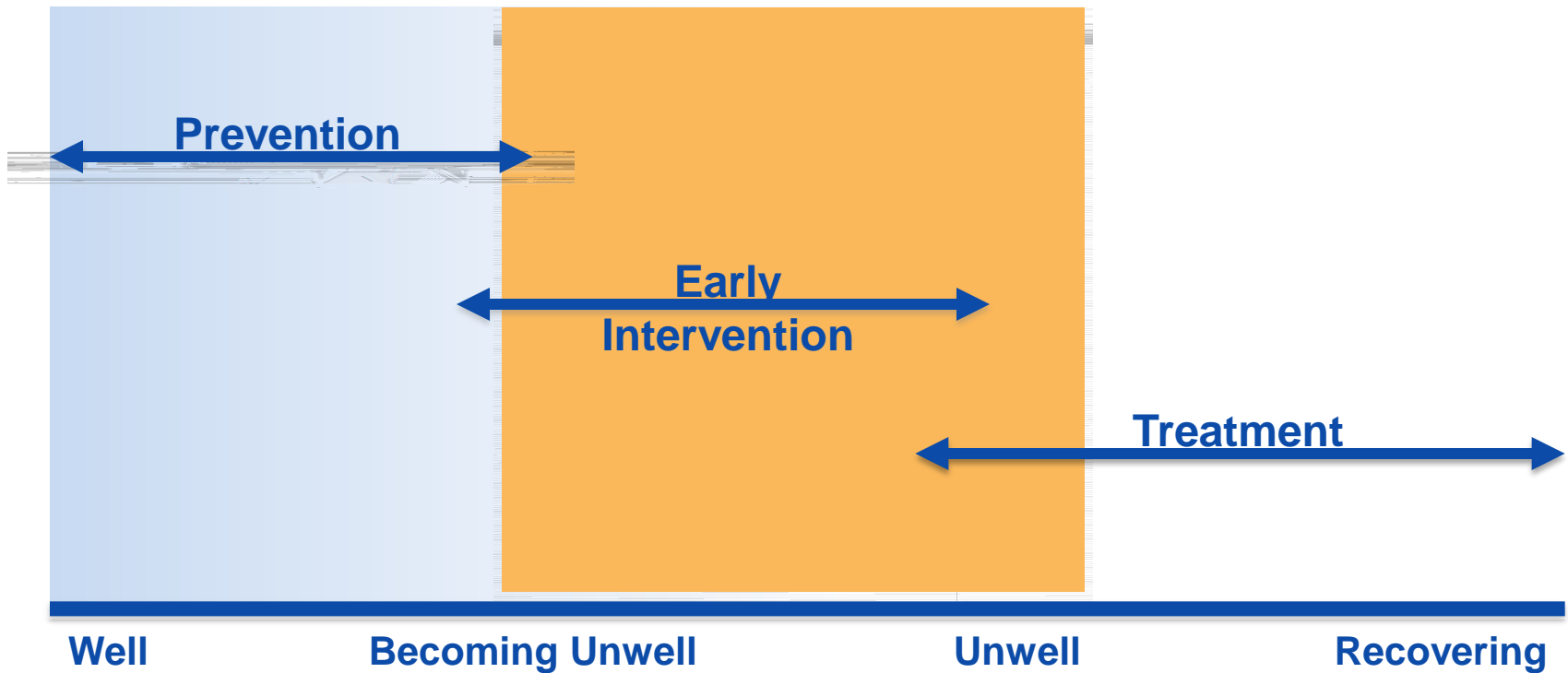
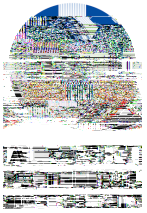


**E**ncourage appropriate professional help



**E**ncourage self-help and other support strategies

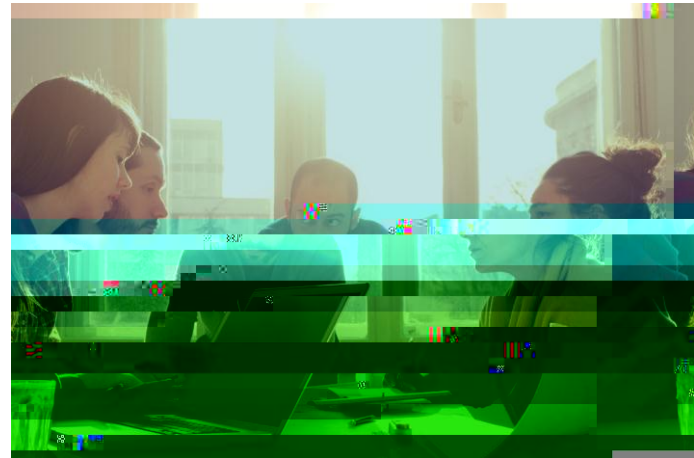
# Where Mental Health First Aid Can Help



# Why Should I Train My Employees?



- 1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
- Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use including lost productivity and absenteeism
- 10.8 million full time workers have a substance use disorder
- The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses





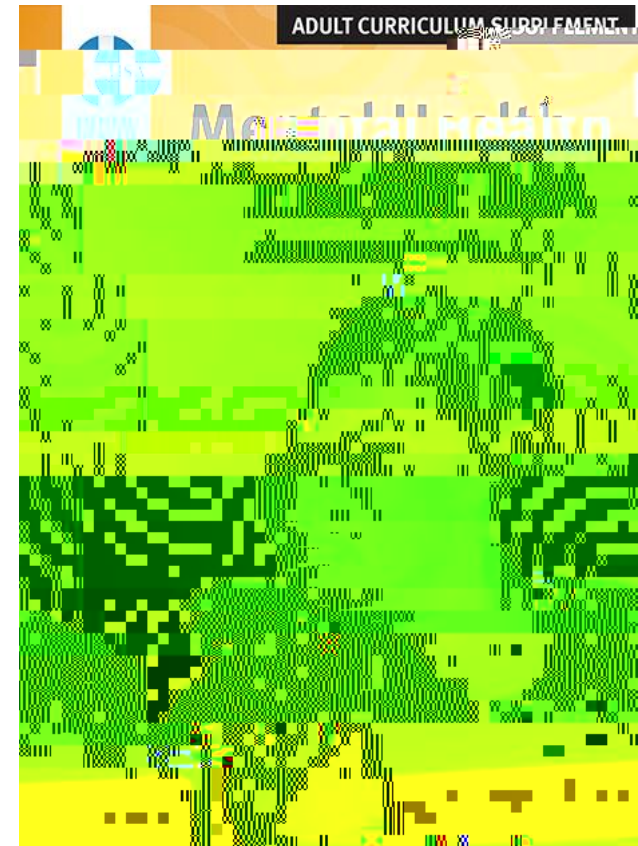
# Mental Health First Aid for Higher Education



- College and university students have unique stress and risk factors related to the demands of school
- Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification
- Mental Health First Aid for Higher

in mind

- Training students, faculty and others in higher education settings in Mental Health First Aid can lessen the severity and impact of mental health problems on campus



Take a Course.  
You could be the help someone needs.

