



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®



MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION

WHY MENTAL HEALTH FIRST AID?

Prepare your campus to address mental health and substance use challenges commonly experienced in higher education settings. Developed by people with lived experience of mental health challenges and professionals, this course teaches early intervention techniques and improves mental health literacy to help you understand, identify and respond to signs and symptoms of mental health and substance use challenges. This engaging training program will help you decrease stigma, address tough challenges, and allow students, professors, and other school faculty to show up fully in their daily lives and support those around them.

WHAT IT COVERS:

- The relevance of mental health to the campus community.
- Risk factors and protective factors specific to the higher education setting.
- Using the MHFA Action Plan in scenarios designed specifically for faculty, administration, and students.
- National and campus mental health resources.

WHO SHOULD TAKE IT:

- Students
- Faculty
- Academic advisors
- Financial aid employees
- Coaches and athletic personnel
- Administrators

GET YOUR CERTIFICATE!

- Email MentalHealth.FirstAid@csn.edu to register
- CSN is an Equal Employment Opportunity/Affirmative Action institution. For more information, visit www.csn.edu/nondiscrimination

Knowing the steps in the Action Plan has made me more confident in my ability to communicate with someone going through a difficult time. I feel that I am better equipped to say the right things and offer the best support that I can for the person and situation.

— Mental Health First Aid
CSN Training Participant



College of
Southern Nevada
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Counseling &
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MENTAL WELLNESS 360
TALKS • TRAININGS • TOOLS

