

# Mental Health First Aid

## Join the movement.

Research shows that nearly **1 in 5** college students is affected with  
**ANXIETY OR DEPRESSION.**

Mental Health First Aid for Higher Education teaches you  
**how to identify, understand, and respond to signs  
of mental illness and substance use disorders.**

To attend one of the following training  
sessions, please register at:

<http://web.spcollege.edu/survey/27031>

Date	Time	Location
Feb. 22, 2019	8:00am-4:30pm	EPI Center 1-324
Mar. 01, 2019	8:00am-4:30pm	EPI Center 1-324
Mar. 29, 2019	8:00am-4:30pm	EPI Center 1-324



Dr. Carleah East, LMHC  
Certified Mental Health First Aid Instructor

Take a course. Save a life. **Strengthen your community.**

### WHO SHOULD TAKE IT

- Faculty members
- Librarians
- Campus security
- Academic advisors
- Financial aid employees
- Coaches and athletic personnel
- Administrators
- Additional employees as applicable

### 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.

Funded by the Community Foundation of Tampa Bay grant.