Mental Health First Aid in Higher Education
Join the movement.

WHAT IS MENTAL HEALTH FIRST AID?
Mental Health First Aid USA is a training — like regular First Aid or CPR — designed to give people the skills to help someone who is developing a mental health or substance use problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of specific illnesses.

MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION
Mental Health First Aid for Higher Education is designed with colleges’ and universities’ unique culture and resources in mind. Training students, faculty and staff in higher education settings how to recognize the symptoms of emerging mental illnesses or to assist young adults in a mental health crisis can help lessen the severity and impact of mental illnesses.

WHO SHOULD TAKE THE COURSE?
- Students
- Faculty
- Resident advisors
- Campus clergy
- Campus law enforcement
- Academic advisors
- Counselors
- Financial aid employees
- Coaches and athletic personnel
- Administrators
- Student Health staff

For information on bringing Mental Health First Aid to your campus for free, contact Kate Mahoney.
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