

DU HEALTH PROMOTION PRESENTS



MENTAL HEALTH FIRST AID



EDUCATIONAL

This training will teach participants to identify, understand, and respond to a wide range of psychological distress, including:

- Suicidal ideation
- Non-suicidal self harm
- Panic attacks
- Acute psychosis
- Overdose or withdrawal from alcohol or drug use
- And more



CONVENIENT

DU students, staff, and faculty can receive this training entirely **free of charge**. Further, the **8 hours** of training can be offered in-person or in a hybrid format. Class sizes are restricted to ensure 1:1 attention, and participants will put their learning into practice through simulations throughout the training.



EFFECTIVE

Over 40 peer-reviewed articles have found this training to:

- Increase mental health literacy
- Increase self-confidence and efficacy to help an individual in distress
- Decrease stigma against and increase empathy for those with mental illness
- To be effective across many demographics

BY THE NUMBERS



1 in 2 DU STUDENTS

Reported having been diagnosed with Anxiety or Depression in the 2023 ACHA National College Health Assessment



3 MILLION AMERICANS

Have already become certified in mental health first aid



1 in 3 COLLEGE STUDENTS

Indicate they feel there is no one they can speak with about their mental health

HOW TO SIGN UP

Available 2023 Trainings:

Friday, Oct. 20th (half full)
Thurs., Nov. 30th (open)
Tues., Dec. 5th (open)

Email austin.gane@du.edu to express interest & for more information!

LEARN MORE

www.mentalhealthfirstaid.org



www.du.edu/thrive



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