

# Welcome to *AID Training*

Name:

Date:

Greetings! A.I.D. training is a mental health awareness training that teaches how to:

**Be aware of,  
Interact with and,  
Direct people in distress**

We encourage you to refer to & fill out this workbook as you follow along with the A.I.D. training. Thanks for joining us today!

## Learning Objectives

1

1. Define mental health, stress and mental distress
2. Learn about the mental health continuum
3. Define mental health problem and mental health disorder
4. Learn responses to stress and mental health problems
5. Define stigma

2

1. Discuss why people with mental illness are stigmatized
2. Discuss why stigma is a problem
3. Discuss ways to reduce or prevent stigma

3

1. Learn the three steps of the A.I.D. action plan:  
*Awareness*  
*Interaction*  
*Direction*
2. Go through a guided example utilizing the A.I.D. action plan
3. Practice the A.I.D. action plan with the group

# Program Content

We'll be hinting at the answers to these questions during the training. Take some notes to refer to later!

How would you explain mental health?

What are some of your key takeaways from the terminology discussion?

What can be done to reduce or prevent mental illness stigma?

## Awareness

What are potential signs of mental distress?

## Interaction

What are some Communication do's and don't's?

Do.

Do.

Do.

Don't.

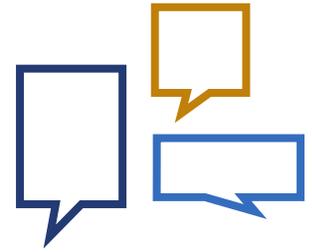
Don't.

Don't.

## Direction

List some mental health help resources.

# AID Action Plan



How would you apply the *AID Action Plan* to the practice scenario?

## **Awareness:**

## **Interaction:**

## **Direction:**

Write down some self-care tips.

Extra note space

# Mental Health Resources

Use these resources to help with the Direction step of the AID action plan.

## National Phone Centers

### **Crisis TextLine**

Text **HOME** to **741-741**

### **The 988 Suicide and Crisis Lifeline**

Call or Text **988**

### **The Trevor Project | For Young LGBTQ+ Lives**

Text **START** to **678-678** or Call **1-866-488-7386**

### **SAMHSA Treatment Referral Hotline**

Text **HELP4U** to **435-748** or Call **1-800-662-4357**

### **National Alliance on Mental Illness (NAMI)**

Call **1-800-950-6264**

## Resource Websites

### **Find a Hispanic or Latinx therapist through:**

**Therapy for Latinx | Psychology Therapy**

### **National Alliance on Mental Illness (NAMI) :**

**Offers step-by-step plan to find a mental health professional**

### **Find an African or Black therapist through:**

**Therapy for Black Girls | Therapy for Black Men  
The Association of Black Psychologists**

### **Find an Asian therapist through:**

**Asian Mental Health Collective | National Asian American  
Pacific Islander Mental Health Association**

## Mobile Applications



Use **Calm** for guided meditation, sleep stories, and relaxing music



Use **Happify** with its science-based activities to reduce stress and build resilience



Use **Daylio Journal** to track moods and activities to improve productivity



Use **Headspace** to relax with guided meditations and mindfulness techniques

## Hear to Help (H2H)

**Hear to Help** is an initiative from Kent State University that identifies individuals who have completed one or more of the mental health awareness trainings. Individuals displaying the **Hear to Help** logo can help connect individuals with mental health help, if necessary. To learn more, visit [www.kent.edu/mhsu/h2h](http://www.kent.edu/mhsu/h2h)

