

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. _____

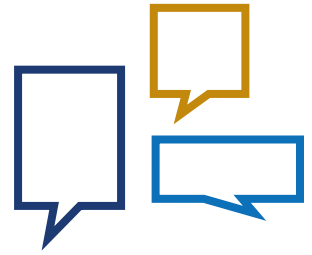
Don't. _____

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

