



University of New Hampshire
Extension

Welcome to **AID Training**

Awareness Interaction Direction



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AID Training

Awareness Interaction Direction

Please complete the
pre-training survey



Important Information



Look for this icon to reference your workbook throughout!

Content Warning

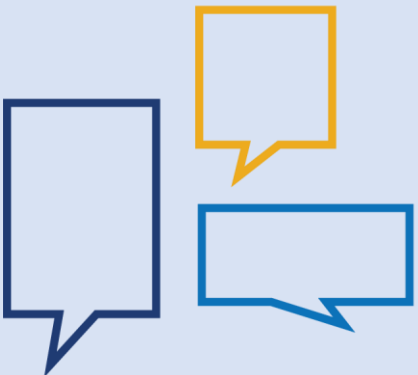
If during the training, you feel uncomfortable about topics discussed, particularly suicide, please feel free to step away from or discontinue training. Please let your training contact person or instructor know.

Resources for Suicide Prevention

Suicide and Crisis Lifeline: 988

Crisis Text Line: Text HOME to 741-741

Suicide Prevention Resource Center: <https://sprc.org/>



What is the goal?

Goal

To increase your confidence in recognizing and approaching someone in distress

Core Concepts

Everyone has mental health that can be supported
Anyone can help someone in mental distress
Recovery from mental illness is possible



Training Expectations

Please participate to the extent you feel **comfortable**



“**Right words**” or “**exact answers**” don’t exist in these situations

Maintain **anonymity** of the people in this discussion



Learn ways to be more **comfortable**

Use **first person** language



Be mindful about setting **boundaries** for providing help

Terminology



How would you explain
mental health
to a person who wasn't
sure what mental health is?

Mental Health Terminology

Definition of Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood (U.S. Department of Health and Human Services, 2021)

Mental Health & Wellness Continuum

Mental Health & Wellness Continuum



REMINDER

professional care & upkeep of health can be helpful or recommended at any point to support wellbeing

Mental Health Terminology

Definition of Stress

Can be good or bad - it all depends!

An activation of the nervous system, which triggers the release of stress hormones in the body and the fight, flight, or freeze system kicks into action

(Newport Academy, 2019)

Response to stressors vary, but they can affect emotions, thinking processes, physical health, and other behaviors

Mental Health Terminology

Definition of Mental Distress

Includes the following signs and symptoms:

- Discomfort and tension which lasts longer than initial stress response
- Presents us with challenges that we don't have the skills to handle
- May lead to anxiety disorders if not addressed
- Can contribute to physical issues, such as back pain and stomach problems

(Newport Academy, 2019)

Definition of Mental Health Problem

- Could be from a larger stressor than usual
- It is an expected part of life
- Response to mental health problems vary, but they can affect emotions, thinking processes, physical health, and other behaviors
- There are people that can help

Mental Health Terminology

Definition of Mental Health Disorder/Illness

Arises from a complex interplay between a person's genetic makeup and environment

Medical condition diagnosed by a trained health professional

Best helped by trained professional using evidence-based treatments

Experience significant, substantial and persistent challenges with:

- Emotions (feeling)
- Cognition (thinking)
- Physical health
- Behaviors

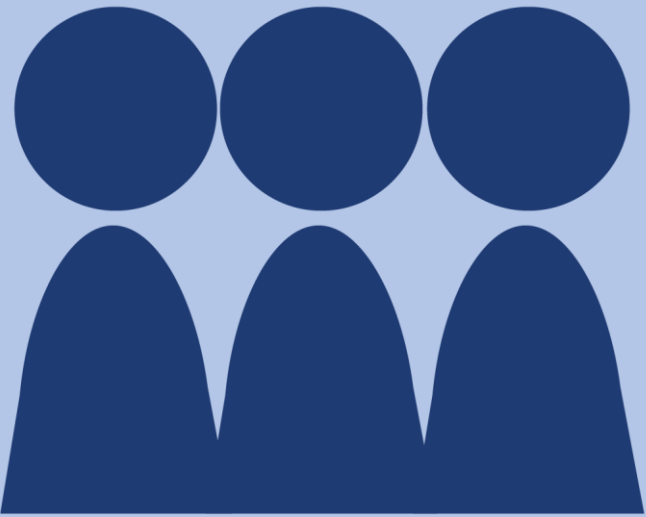
Mental Health Terminology

Definition of Stigma

When someone, or even yourself, views a person in a negative way just because they have a mental health condition

Feeling shame or judgment from others

Why are people with mental illness
stigmatized?



Discussion

Why is stigma a problem?



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

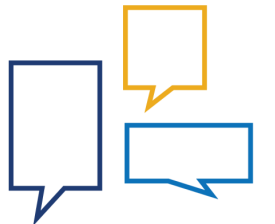
AID

Awareness Interaction Direction

look for signs

reach out

provide options



AID

Awareness

Interaction Direction

Discussion

You can tell someone has a mental illness by looking at them.

- Agree
- Unsure
- Disagree

Be aware of the following signs of mental distress:



Performance

How are they doing in school, work, or life?



Behavior

How are they acting or behaving? Is this like them?



Appearance

What comes to mind when you look at them?





AID

Awareness

Interaction

Direction

Interact with someone exhibiting signs of mental distress by:

Approaching them **supportively** and talking to them in a safe and secure environment

Being **empathetic** and **open-minded** to their situation

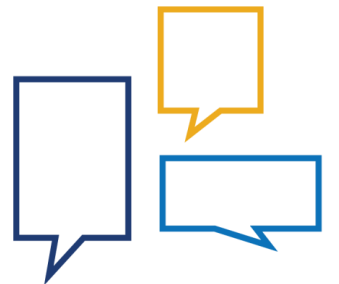
Focusing on **observable behaviors** and explaining what you observed

Actively listen to what they have to say

Ask open ended questions

Check back with them later

Explain confidentiality when appropriate



How to interact with someone exhibiting signs of mental distress by:

Avoid making judgements

Avoid making diagnoses

Do not swear to secrecy

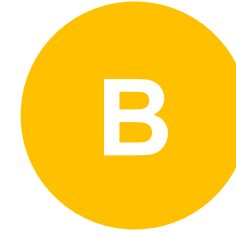
Avoid advice or
demanding they do
something



Which interaction with Alex is better?



“Alex, I think you are depressed. You need professional help.”



“Alex, I haven’t heard from you in awhile and wanted to check in. How are you doing?”

AID

Awareness Interaction *Direction*

Discussion

People should work out their own mental health problems.

- Agree
- Unsure
- Disagree

Direct someone exhibiting signs of mental distress by suggesting resources:



Coping strategies or self-help

Self-development trainings, grounding techniques, diet and nutrition, exercise, sleep, relaxation, meditation, etc

Professional help and treatment

Virtual or in-person therapy options. Find local behavioral health treatment options and providers

Mental Health apps

Headspace, Mindshift, Calm, Stop, Breathe & Think, etc. Find reviews of apps at www.kent.edu/mhsu/help



Mental health hotlines

Suicide and Crisis Lifeline: 988
Crisis Text Line: text 4HOPE to 741-741
The Trevor Project: text START to 678-678
or call 1-866-488-7386





Practicing the **AID Action Plan**

Let's Practice!



You and Robbie have been friends for years. You both met in college, and you now have a tradition to watch all your college's football games together. Lately, Robbie has been canceling last minute without an explanation. You try to text him throughout the game, but he doesn't answer. You see him in the grocery store one day and he does not look like himself. He looks exhausted and like he hasn't been taking care of himself.

What do you notice about Robbie that indicates that they might be in mental distress?

(Hint: Awareness step!)

How do you interact with Robbie?

(Hint: Interaction step!)

Let's Practice!



You ask Robbie if he has time to grab a cup of coffee at the coffee shop next door. He reluctantly agrees. When you sit down, he tells you he and his wife have been having problems. He says that he has taken on more responsibilities at work, which leads him to work late most nights, and his marriage is suffering from it. He feels sorry about missing the football games, but he has been trying to manage work and spend time with his wife. He says he hasn't had time for himself in weeks.

What directions can you provide Sarah?

(Hint: Direction step!)

Thank you for completing **AID Training**

Please complete the
post-training survey for
your certificate of
completion.



UNH Extension Resources



County Resource Guides:
<https://extension.unh.edu/resource/mental-health-resources-new-hampshire>



Mental Health First Aid:
<https://extension.unh.edu/health-well-being/programs/mental-health-first-aid>



Wellness Wheel Assessment:
<https://extension.unh.edu/health-well-being/programs/wellness-wheel-assessment>