

Mental Health First Aid USA™ for Higher Education Sample Course Agenda

| SECTION | TIME | TOPIC |
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| Session 1: Part 1 | 8:00 am | Welcome and Introductions What Is Mental Health First Aid™ Exploring the Higher Education Culture Mental Health Problems in the USA The Mental Health First Aid™ Action Plan Understanding Depression and Anxiety |
| | 10:00 am | Break |
| Session 1: Part 2 | 10:15 am | First Aid for Suicidal Behavior What is Non-Suicidal Self-Injury? First Aid for Depression and Anxiety |
| | 12:15 pm | Lunch |
| Session 2: Part 1 | 1:15 pm | First Aid for Panic Attacks First Aid for Traumatic Events Traumatic Brain Injury Understanding Disorders in Which Psychosis May Occur First Aid for Acute Psychosis |
| | 3:15 pm | Break |
| Session 2: Part 2 | 3:30 pm | Understanding Substance Use Disorders Substance Use in the Higher Education Population First Aid for Overdose First Aid for Withdrawal Using Mental Health First Aid™ Higher Education Resources Exam and Evaluation |
| | 5:30 pm | Adjourn |