



First Aid Kit



For College Mental Health

Who:

College Students

Roommates and friends are more likely to notice the signs and symptoms associated with mental health than family and staff because they are around each other more¹

1 in 5 Americans is diagnosed with a mental illness²



What:

Signs and Symptoms to look for

- Changes in sleep patterns³
- Increased anxiety³
- Sadness and irritability³
- Changes in eating patterns³

How:

Educate at student orientations

20.5 million students enrolled in college in 2016



Because 3/4 of chronic mental illnesses begin by age 24, all students should receive training at their orientation.^{4,5}

Seeking professional help is a key factor in recovery and to move suicide from the 2nd leading cause of death among college-aged students⁶



Mental Health First Aid works to demolish the stigma associated with mental illness in order to encourage more people to receive help⁷



Why:

People often do not seek help because of the stigma associated with mental illness

Chronic loneliness is as significant a risk as cigarette smoking for developing a long term illness⁸



1. S. Fines, Psy.D, oral communication, September 2016. 2. Any mental illness (AMI) among U.S. Adults. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>. Accessed September 11, 2016. 3. Mental illness and the family: Recognizing warning signs and how to cope. Mental Health America. <http://www.mentalhealthamerica.net/recognizing-warning-signs>. Accessed September 11, 2016. 4. Fast Facts. National Center for Education Statistics. <http://nces.ed.gov/fastfacts/display.asp?id=372>. Accessed September 12, 2016. 5. Kessler RC, Chiu WT, et al. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the national comorbidity survey replication. Arch Gen Psychiatry. 2005; 62(6):617-627. doi:10.1001/archpsyc.62.6.617. 6. Broker version 9.4. Centers for Disease Control and Prevention WISQARS. <http://webappa.cdc.gov/cgi-bin/broker.exe>. Accessed September 24, 2016. 7. Lucksted A, Mendenhall AN, Frauenholtz SJ, Aakre JM. Experiences of graduates of the mental health first aid-USA course. Int J Ment Health Promot. 2015;17(3):1-15. Doi:10.1080/1.1462-3730.2015.1013670x. 8. Winch G. Why we all need to practice emotional first aid. TED; February 16, 2015.