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!

A.I.D. training was created by:

Kent State University
College of Public Health
Center for Public Policy and Health

LEARNING OBJECTIVES

The items in **bold italics** are skills that you will get hands-on experience practicing during the training!

1. Learn mental health terminology
   a. Define mental health, stress and mental distress
   b. Learn about the mental health continuum
   c. Define mental health problem and mental health disorder
   d. Learn responses to stress and mental health problems
   e. Define stigma

2. Learn ways to reduce stigma surrounding mental illness
   a. **Discuss why people with mental illness are stigmatized**
   b. **Discuss why stigma is a problem**
   c. **Discuss ways to reduce or prevent stigma**

3. Learn and practice the A.I.D. action plan to assist someone in mental distress
   a. Learn the three steps of the A.I.D. action plan:
      - Awareness,
      - Interaction, and
      - Direction
   b. Go through a guided example utilizing the A.I.D. action plan
   c. **Practice the A.I.D. action plan with the group**
How would you explain mental health?

What are your key takeaways from the mental health terminology video?
1.
2.
3.

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

What are potential signs of mental distress?

What are some Communication Do’s and Don’ts?
Do.  
Don’t.
Do.  
Don’t.
Do.  
Don’t.

List some mental health help resources.
How would you apply the A.I.D. action plan to the practice scenario?

**Awareness.**


**Interaction.**


**Direction.**


Write down some self-care tips.


Extra note space
MENTAL HEALTH RESOURCES

National Call or Text Centers
Free ■ 24/7 ■ Confidential support and crisis intervention for people in mental distress

Crisis TextLine
Text Home to 741-741

988 Suicide & Crisis Lifeline
Call or Text 988

The Trevor Project | For Young LGBTQ Lives
Text START to 678-678 or Call 1-866-488-7386

Free ■ Confidential support providing information and resource referrals

SAMHSA Treatment Referral Hotline
Text HELP4U to 435-748 or Call 1-800-662-4357

National Alliance on Mental Illness (NAMI) Helpline
Call 1-800-950-6264

Resource Websites

National Alliance on Mental Illness (NAMI) offers step-by-step plan to find a mental health professional

Find an African American 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

Find a Hispanic or Latinx therapist through
Therapy for Latinx ■ Psychology Therapy

Apps

Use Calm for guided meditation sessions, sleep stories, breathing programs, and relaxing music

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

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

Use Headspace to relax with guided meditations and mindfulness techniques

Use IntelliCare Hub to better understand how you feel and your feelings

Use Mindshift to gain insight into and basic skills to manage symptoms of worry and anxiety

Use Stop, Breathe & Think to build emotional strength and confidence to handle daily life

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

Disclaimer

The information is considered correct at the date of publication. Changes in circumstances may impact the accuracy of the information. Resources in this document do not constitute endorsement, recommendation or favoring.

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