Welcome to the A.I.D. training! You are in listen only mode. Currently, there is no sound. However, we will talk every few minutes in order for you to ensure your audio is working.
Mental Health Terminology

Mental Health

- A state of *successful performance of mental function*, resulting in...
  - productive activities
  - fulfilling relationships with people
  - ability to change and cope with adversity  
  (U.S. Surgeon General, 1999)
Mental Health & Wellness Continuum

self care, healthy habits, social support

professional help, counseling, psychiatry

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

Sample Presentation
You can tell by looking at someone whether or not they have a mental illness.
A.I.D. ACTION PLAN

**Awareness**
- look for signs

**Interaction**
- reach out

**Direction**
- provide options

- SELF-CARE
- CRISIS LINE
- TRAINED STAFF
Awareness

How to be aware of someone who may experiencing mental distress:
Practicing the A.I.D. Action Plan