Welcome to

AID Training

Name: ______________________ Date: ____________________

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!

Learning Objectives

1. Define mental health, stress and mental distress
2. Learn about the mental health continuum
3. Define mental health problem and mental health disorder
4. Learn responses to stress and mental health problems
5. Define stigma

1. Discuss why people with mental illness are stigmatized
2. Discuss why stigma is a problem
3. Discuss ways to reduce or prevent stigma

1. Learn the three steps of the A.I.D. action plan:
   - Awareness
   - Interaction
   - Direction
2. Go through a guided example utilizing the A.I.D. action plan
3. Practice the A.I.D. action plan with the group
How would you explain mental health?

What are some of your key takeaways from the terminology discussion?

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

**Awareness**

What are potential signs of mental distress?

**Interaction**

What are some Communication do’s and don’t’s?

**Direction**

List some mental health help resources.

We’ll be hinting at the answers to these questions during the training. Take some notes to refer to later!
AID Action Plan

How would you apply the *AID Action Plan* to the practice scenario?

**Awareness:**

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____________________________________________________________________________________

**Interaction:**

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**Direction:**

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Write down some self-care tips.

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Extra note space

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Mental Health Resources

National Phone Centers

- **Crisis TextLine**
  - Text HOME to 741-741
- **The 988 Suicide and Crisis Lifeline**
  - Call or Text 988
- **The Trevor Project | For Young LGBTQ+ Lives**
  - Text START to 678-678 or Call 1-866-488-7386

- **SAMHSA Treatment Referral Hotline**
  - Text HELP4U to 435-748 or Call 1-800-662-4357
- **National Alliance on Mental Illness (NAMI)**
  - Call 1-800-950-6264

Resource Websites

- **Find a Hispanic or Lantix therapist through:**
  - [Therapy for Latinx | Psychology Therapy](#)
- **Find an African 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](#)

Mobile Applications

- Use **Calm** for guided meditations, sleep stories, and relaxing music
- Use **Happify** with its science-based activities to reduce stress and build resilience
- Use **Daylio Journal** to track moods and activities to improve productivity
- Use **Headspace** to relax with guided meditations and mindfulness techniques

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](http://www.kent.edu/mhsu/h2h)

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