

MENTAL HEALTH FIRST AID INFOGRAPHIC



01

USE POSITIVE, PERSON-CENTERED LANGUAGE

- "Thank you for *confiding in/trusting/opening up to me.*"
- "What do you *need?*"
- "How can I best *support* you?"

02

WAYS TO CONFRONT SUICIDE IDEATION

Use direct and specific questions.

- Do you want to kill yourself?
 - How?
 - When?
 - Where?



03

GROUND TECHNIQUES (GT)

help individuals manage strong emotions and redirect thoughts.

5-4-3-2-1 COPING TECHNIQUE

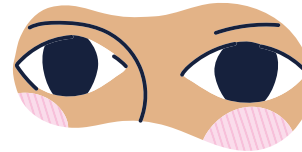
Useful for

- Anxiety
- Stress
- Panic Attack

Other tools

- Breathing
- Visualization
- Mood Scales

FIVE things you can see.



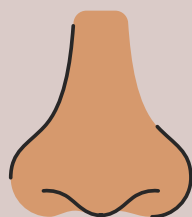
FOUR things you can touch.



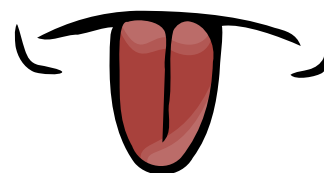
THREE things you can hear.



TWO things you can smell.



ONE thing you can taste.



04

MANDATORY REPORTERS HIPAA | FERPA

College employees are *mandated to report*

- sexual misconduct/assault
- relationship violence
- neglect or abuse to a child/elderly person/person living with a disability

Report to a *Title IX Coordinator* or the *Office of Public Safety.*

HIPAA: protects health information.

FERPA: protects education records.

FERPA applies to care provided to students in counseling services.

