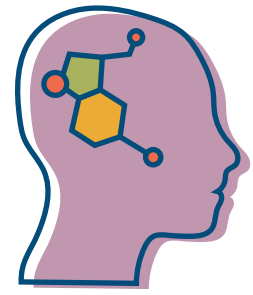


A.I.D.

awareness. interaction. direction.

General Mental Health Awareness



Awareness:

recognize signs of distress

Here are some ways in which distress can impact a student:

- Interacting with peers less
- Interacting less with friends and more with a different group of peers
- Anxious, fidgety, or trouble relaxing
- Daydreaming or seems distracted
- Focused on the negative; fails to see the positive
- Not acting like themselves
- Racing thoughts; excessively energetic
- More irritable than usual; easily irritated
- Taking more risks or engaging in greater risk
- Talking about feeling hopeless or worthless
- Angry, sad or crying for seemingly no reason
- Talk about hurting themselves or others
- Use or increased use of alcohol or other drugs
- Self-injury like cutting, scratching, burning or punching

Interaction: reaching out to a student in distress

Here are some pointers on how to interact with and engage a student who may be in distress:

- Keep it casual and treat it like a conversation
- Be respectful, compassionate and empathetic
- Ease into the conversation, it's OK if they aren't ready to talk yet
- Ask open-ended questions when possible
- Avoid offering advice or trying to fix the problem
- Be nonjudgmental
- Keep trying and check in with the student regularly

Center for Public Policy and Health

Division of Mental Health and Substance Use

Mental health self-help tools can be found at:
kent.edu/mhsu/help

Direction: connecting a student with resources

- Contact your building principal if you suspect a student is experiencing mental health issues (if a student is in crisis, do not leave them alone)
- Self-Help Resources (for non-emergency situations)
 - Crisis Text Line, text **4HOPE** to **741-741** (free, anonymous 24/7 access to a live crisis counselor via text)
- Other Resources
 - Apps to Help Manage Mental Health: www.kent.edu/mhsu/help
 - National Suicide Prevention Hotline, call **1-800-273-8255** (free, 24/7, confidential support)
 - The Trevor Project: Call **1-866-488-7386** or text **START** to **678-678** (free, 24/7, crisis/suicide intervention to young LGBTQ students)

Hear to Help

Hear to Help identifies individuals who have completed a mental health awareness training and who have agreed to be a point of contact for individuals who may need information about mental health resources.



www.kent.edu/H2H-Medina