

## HUS 102: Mental Health First Aid: Adult

Provides key skills to help adults who are developing a mental health problem or experiencing a mental health crisis. Covers mental health literacy, including identifying, understanding, and responding to signs of mental illness.

Uses curriculum developed by Mental Health First Aid USA: [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org). This course is delivered by a certified Mental Health First Aide USA instructor who completes training and meets certification requirements.

### Course Student Learning Outcomes

Upon completion of the course students should be able to:

- Recognize potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use 5-step action plan to help individuals in crisis connect with appropriate professional help.
- Examine the prevalence of various mental health disorders in the United States and the need for reduced stigma.
- Apply knowledge of appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.
- Assess personal views and feelings about mental health problems and disorders.

Credits: 1

Program: [Family and Human Service](#)