



First Aid for Mental Health

The Basics

Protecting our mental well-being and improving human connectivity

Introducing First Aid for Mental Health

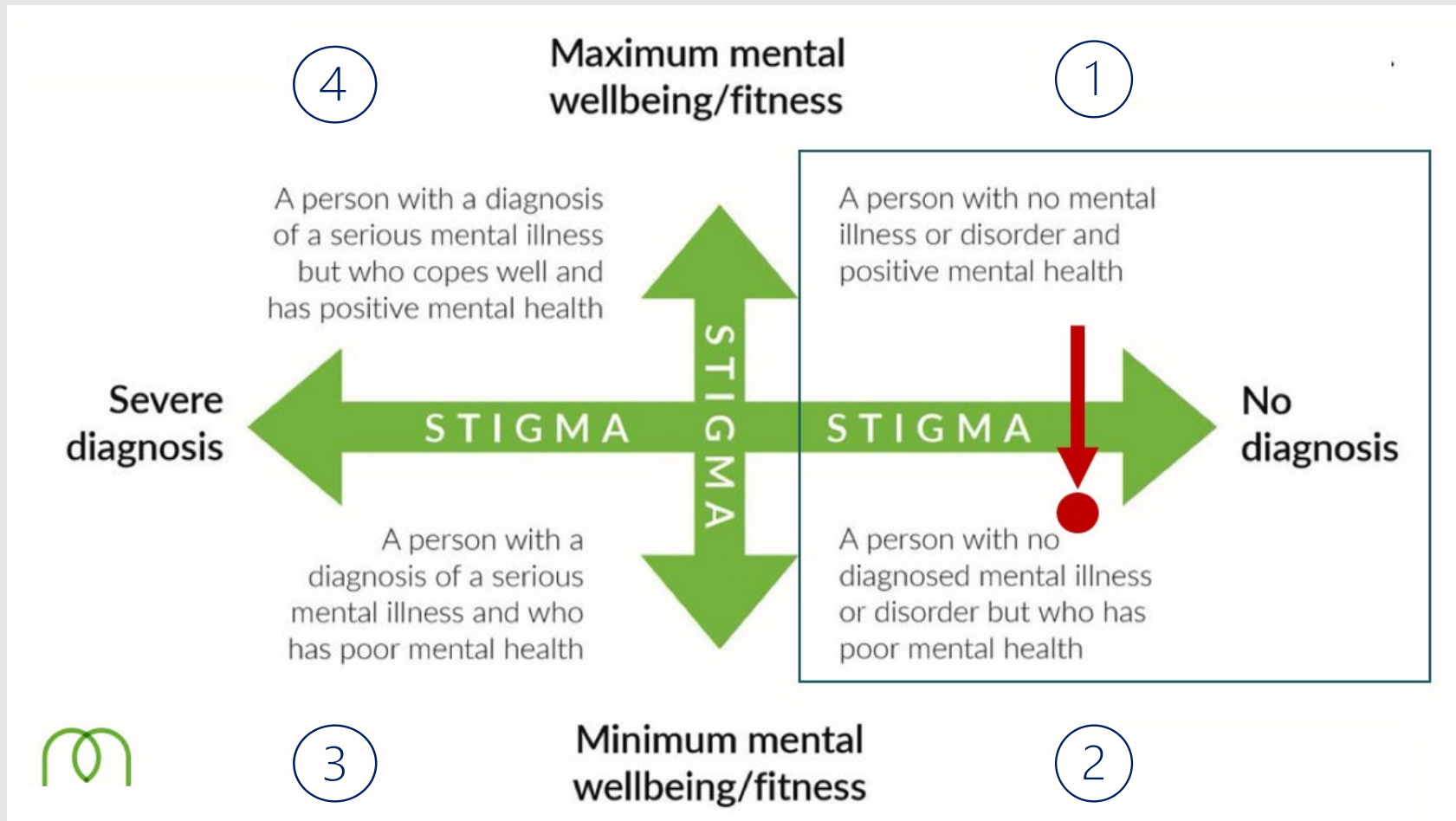
Why does it matter? Setting the stage for Session 2

- The Mental Health Continuum – where is your ‘Red Dot’?
- Stigma and Discrimination
- Frame of Reference: Your window on the world
- Basic Needs: Ignore them at your peril
- Stress: Understanding our capacity to cope with stress
- Connecting, Influencing and Persuasion – Part 1
- ALGEE – What you can do!



The Mental Health Continuum

Where is YOUR 'Red Dot'?



Stigma and Discrimination

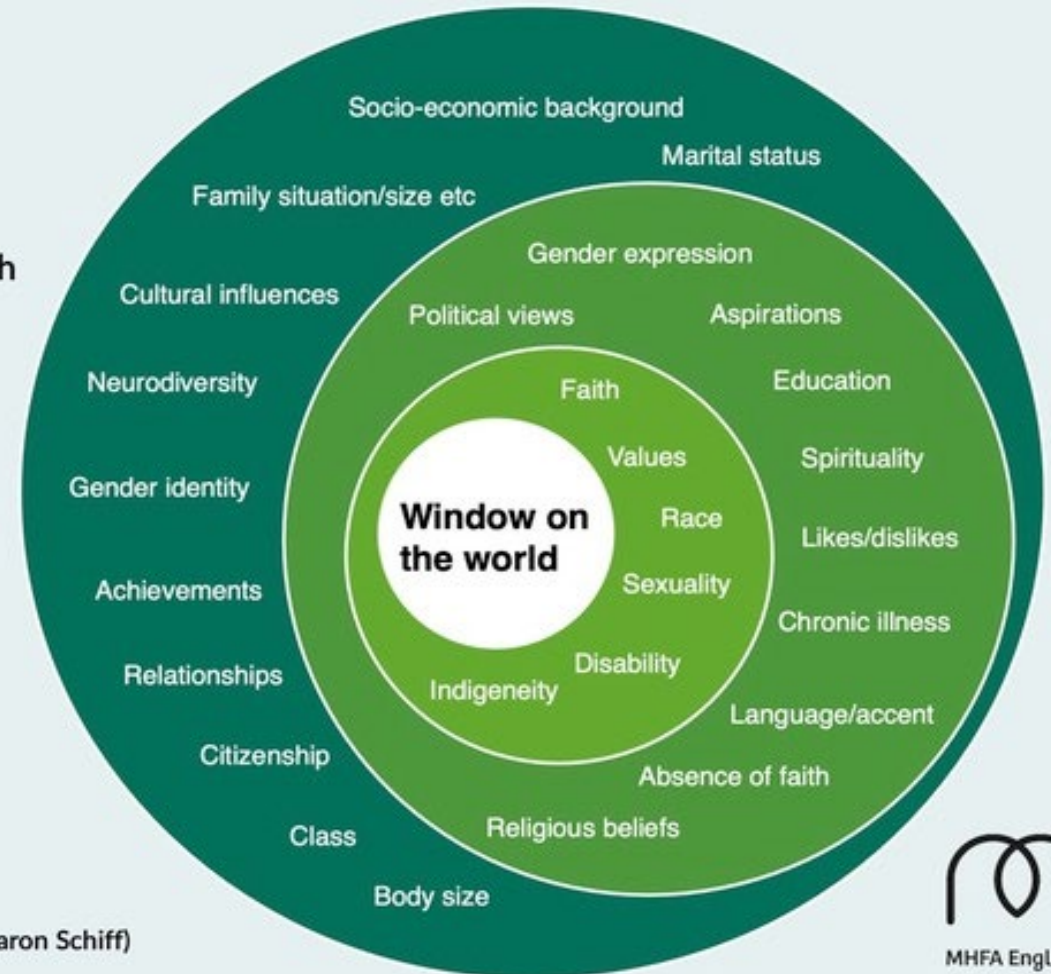
- Our words and behavior matter
- Can make others reluctant to admit they need help
- Adds to distress and isolation
- More discrimination after recovery
- Instigates negative self-talk to 'fit in'
- Amplified by other causes of discrimination (e.g., race, poverty, LGBT+, physical disabilities)



Frame of Reference

Your
‘Window
on the
World’

Our attitudes and those of others have a profound effect on how we support people with emotional and mental health issues



Listening Exercise

Our Basic Needs

Biological	1	2	3	4	5	6	7	8	9	10
Safety	1	2	3	4	5	6	7	8	9	10
Certainty	1	2	3	4	5	6	7	8	9	10
Belonging	1	2	3	4	5	6	7	8	9	10
Self-esteem	1	2	3	4	5	6	7	8	9	10
Control	1	2	3	4	5	6	7	8	9	10
Pleasure	1	2	3	4	5	6	7	8	9	10





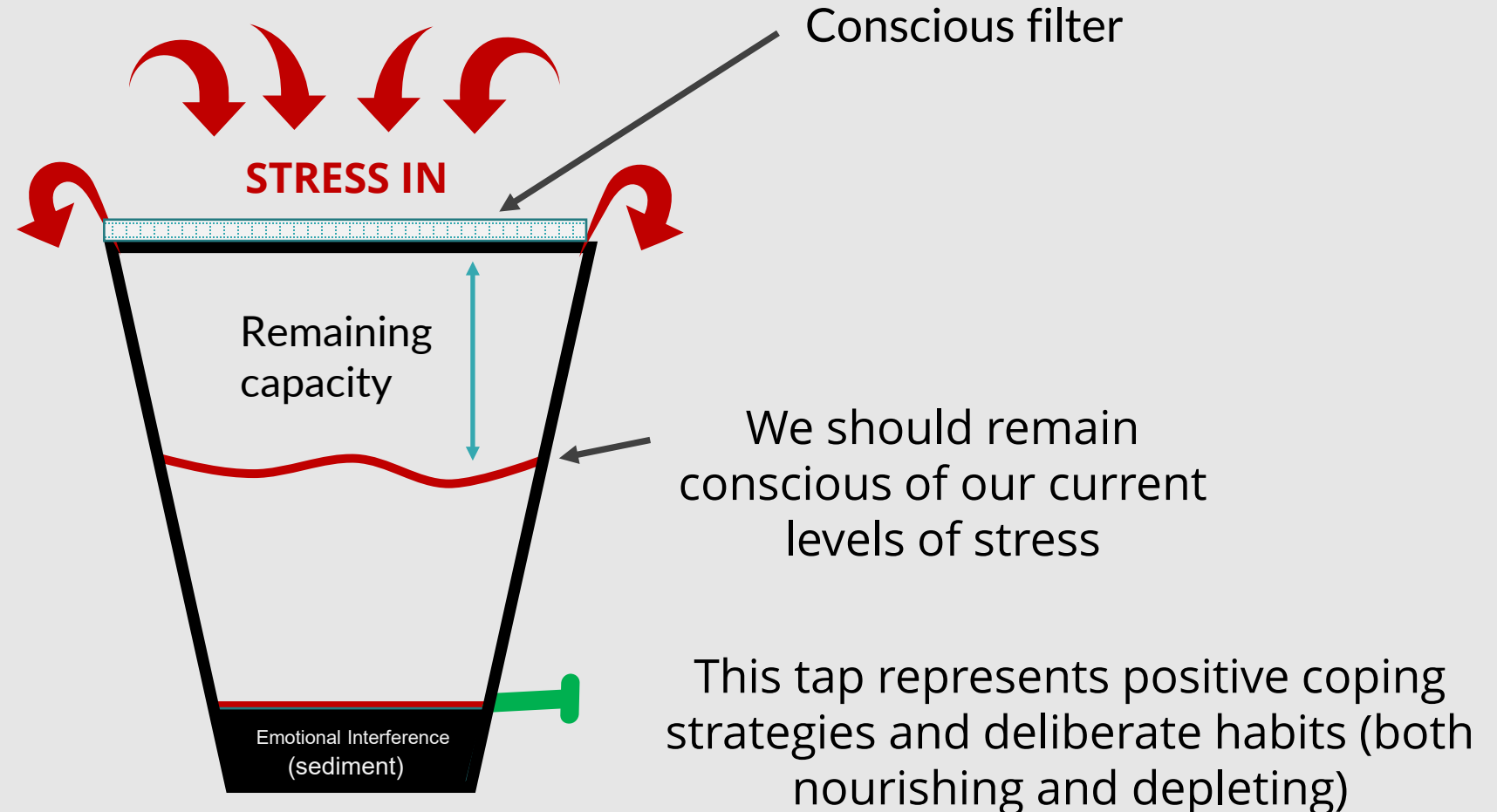
“The greatest weapon against stress is the ability to choose one thought over another”

William James

Monitoring your own stress levels

What is your personal 'Stress Signature'?

The Stress Container



Making better connections



Sender – Message – Receiver

“It doesn't matter what you say or what you think you've said, what matters is the response you get”

Climb the Staircase...

Influence & Persuasion
(Problem Solving)

Trust

To have confidence in; To rely on

Empathy & Rapport

Relationship, connection, emotional bond

Initial Contact

Opening lines, first impressions

Emotional Intelligence

ACTIVE LISTENING

What is Trust?

$$\text{TRUST} = \frac{\text{CREDIBILITY + RELIABILITY + INTIMACY}}{\text{SELF ORIENTATION}}$$

The Trusted Advisor

ALGEE: THE ACTION PLAN



ASSESS for risk of suicide or harm.



LISTEN non-judgmentally.



GIVE re-assurance and information.



ENCOURAGE appropriate professional help.



ENCOURAGE self-help and other support strategies.

The Trusted Advisor



Takeaways—Start Today

- Recognize the continuum of mental health and fitness—everyone is “not ok” sometimes
- Use ALGEE
- Pay attention to your stress container
- Don’t skip the connection step—try to ‘earn the right’ to enter their room
- Empathy, no judgement, build trust, use listening skills to bring about change WITH them



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