

AFT NATIONAL

# Mental Health First Aid & Wellness

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## OUR MISSION

The **American Federation of Teachers** is a union of professionals that champions fairness; democracy; economic opportunity; and high-quality public education, healthcare and public services for our students, their families and our communities. We are committed to advancing these principles through community engagement, organizing, collective bargaining and political activism, and especially through the work our members do.

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# **History, Intent and Impact of Mental Health First Aid and Wellness**

# What is Mental Health First Aid?

Is the help offered to a person developing a mental health crisis. The aid is given until the appropriate support is provided for the crisis.

# Mental Health

- A state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life (WHO 2004)



# Mental Wellness, Mental Well-being

- A state that allows a person to perform well at work, in their studies, and in family and other social relationships.

# ALGEE

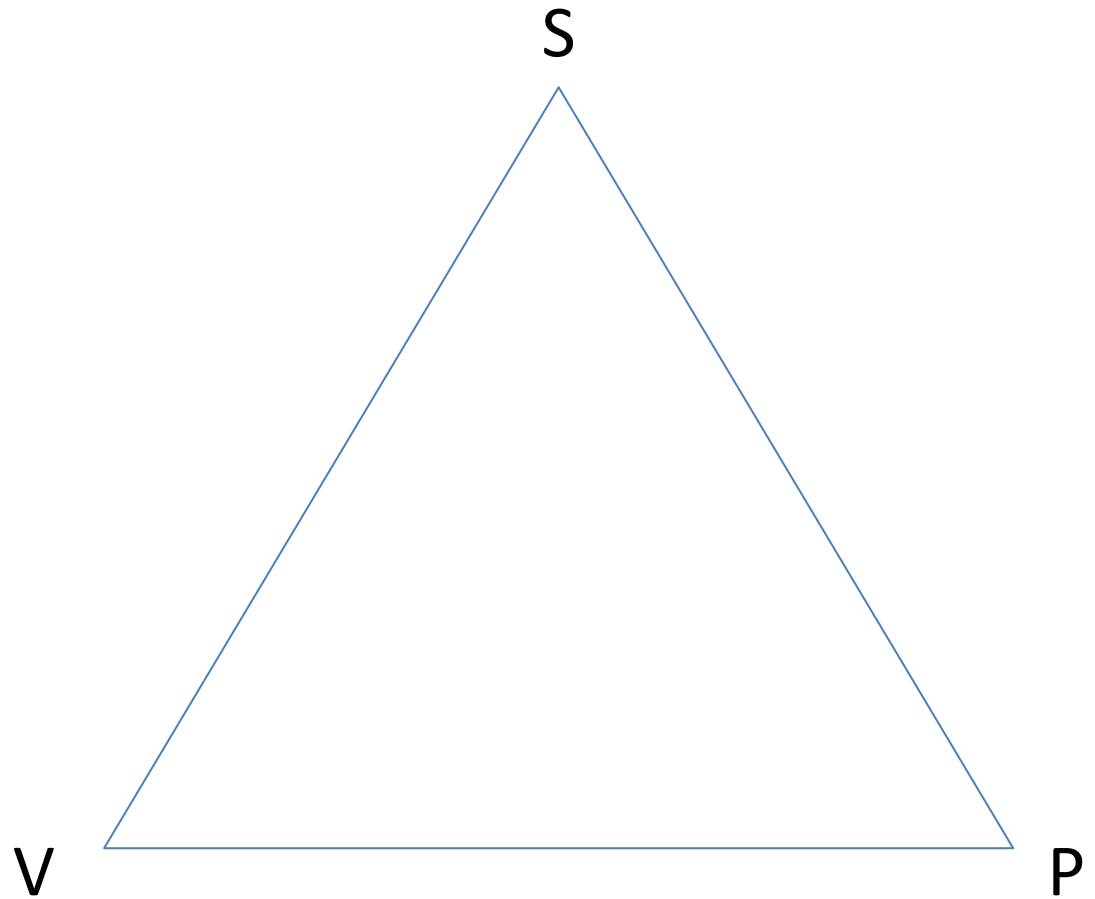
## ACTION PLAN: APPROACH & ASSESS & ASSIST

- APPROACH-assess for risk of harm or suicide and assist
- LISTEN-be nonjudgmental
- GIVE- reassurance and information
- ENCOURAGE- appropriate professional help
- ENCOURAGE- self help and other support strategies

Savior

Persecutor

Victim



“Leven Wilson II, MSW”



# Assessment

- Challenges  
What are your chief concerns?
- Goals  
(Desirable Conditions)
- Anticipatory Factors  
(What are you experiencing or will experience if not addressed)
- Resources Needed  
(Barriers and Situational Factors that Impact you)
- Monitor Indicators Action Plan  
(How to move from undesirable condition to desirable condition)

# Mental and Emotional Self Care

Coping Skills are:

- Expressing feelings
- Communicating
- Connecting with supportive people
- Exercise
- Breathing
- Setting realistic goals
- Writing
- Meditation
- Developing a hobby



# What is Well-being?

While we acknowledge there are multiple definitions for well-being, for the purpose of this evening we are defining Well-being as a state of physical, emotional, cognitive, relational and spiritual health! In other words, well-being is a state of being well.

# Reflection question:

Think about all the relationships you have in your life. What are the most meaningful relationships you have in your life for your well-being? This could be human and non-human (eg: animals)

Share one relationship which is good for your positive well-being (it adds to your well being; it nurtures and replenishes you) and one relationship which you are struggling with. (which is detrimental to your well-being, it drains you)

# Circle of Life

Spirituality & Personal Growth

Intimate Relationships

Vocation, Career Education

Health/Fitness

Money/Financial Security

Community service & Citizenship

Recreation Fun & play

Family & Friends

# Excuses/No Excuses

**Are you committed  
to:**

- Wellness**
- Well-being**
- Being well**

# Q & A



***The success of an intervention  
depends on the interior  
condition of the intervenor.  
--Bill O'Brien***