

## **Virginia Tech Advising Matters Conference: Navigating the Mental Health First Aid Kit for Advisors Workshop Activity (2020)**

**Directions:** In groups, utilize the provided supplies and discuss the topic of what the contents of an advisor's mental health first aid kit contains for each of you. Use the focus of this activity to help organize your contents. After about 20 minutes in your group, we will have an open discussion allowing each group to share the contents of their kits as we unpack the contents of our Virginia Tech Biological Sciences Department Mental Health First Aid kit for advisors.

**Focus:** We feel as though one of the best ways to engage in the topic of Mental Health of students is through discussion and reflection. Through this activity our focus is to provide an opportunity for collaboration using knowledge of your home campus to discuss resources, experiences and strategies that would create the contents of a Mental Health first aid kit. There is not a right or wrong answer - so please use your imagination! You can organize the contents you develop in your group in any manner your group sees fit. We broke down our kit into the following categories (not limited to the following, you may use any that your group chooses):

- **Distress Resources**
- **Collection of Strategies**
- **Trainings**
- **Lived Experiences.**

### **Supplies:**

1. White board - 2/group
2. Dry erase board - 1/group
3. Dry erase eraser - 1/group
4. Copy of Virginia Tech's Distress resources by Dean of Students - 1/person
5. Copy of Directions - 1/group