



MENTAL HEALTH FIRST AID STANDARD

Mental Health First Aid (MHFA) is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation resolves. This course is offered in virtual and in-person delivery methods.

COURSE OVERVIEW

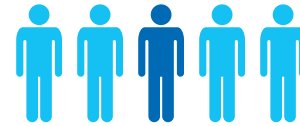
The Mental Health Commission of Canada reports that one in every five Canadians experiences a mental health problem within a year. While we often know a lot about physical illness, there tends to be less knowledge about mental health or substance use problems. This lack of understanding leads to fear and negative attitudes towards individuals living with these problems. It prevents people from seeking help for themselves and from providing appropriate support to people around them.

OBJECTIVES

- ▶ Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health or substance use crisis
- ▶ Talk about declines in their mental well-being
- ▶ Discuss professional and other supports that could help with recovery to improved mental well-being
- ▶ Check in with one's own mental well-being and take action as needed
- ▶ Assist in a mental health or substance use crisis situation

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Overdose
- ▶ Suicidal behaviour
- ▶ Panic attacks
- ▶ Psychotic episode
- ▶ Acute stress reaction



1 in 5 Canadians will be living with a mental health problem this year.

COURSE MODEL

- Assess the risk of suicide and/or harm
- Listen non-judgmentally
- Give reassurance
- Encourage professional support
- Self-care



"The wellbeing of our coworkers, our communities, our families and ourselves has never been more important. The Mental Health First Aid training has taught us how to be more confident when supporting those around us."

CEO & Chief Sustainability Officer, IKEA Canada

To learn more, register for a course or become an instructor:

- ▶ mhfa@mentalhealthcommission.ca
- ▶ 1-866-989-3985
- ▶ www.mhcc.ca



Additional versions of MHFA are available. Visit our site to learn more.



Mental Health Commission of Canada
Commission de la santé mentale du Canada

ANYONE CAN BE TRAINED TO HELP

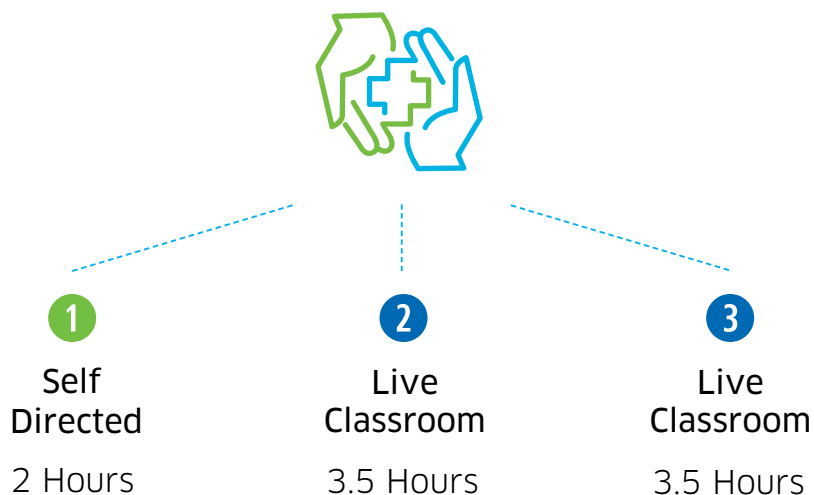
The 9-hour evidence-based MHFA Standard course has been proven to give participants:

- ▶ Confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis
- ▶ Greater recognition of mental health problems
- ▶ Improved mental health for themselves

METHOD OF INSTRUCTION

This 9-hour course opens with a self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the live classroom modules (Modules 2 and 3). Course participants will complete Module 1 before participating in Module 2 and 3.

Upon registration, participants will receive the “MHFA Participant Reference Guide” that outlines MHFA actions for developing mental health and substance use problems and mental health and substance use crises.



Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 •
Tel: 613.683.3755 • Fax: 613.798.2989
info@mentalhealthcommission.ca • www.mentalhealthcommission.ca

TOPICS

Module 1: Self-Directed

- Introduction to the course
- Introduction to MHFA actions

Module 2: Live Classroom

- Practice applying MHFA actions to situations of declining mental well-being
- Guidelines for MHFA conversations with people from diverse cultures and members of the 2SLGBTQ+ community

Module 3: Live Classroom

- Practice using MHFA actions in crisis situations
- Discussion on using actions for self-care

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and improve services and support. Over 600,000 people in Canada are MHFA trained.

To learn more about the MHCC:
www.mentalhealthcommission.ca



Mental Health Commission of Canada
Commission de la santé mentale du Canada

Mental Health First Aid Canada