



**Mental Health
First Aid** CANADA

Mental Health First Aid

Information & Request for Registration

**** For more information visit the *Mental Health Commission of Canada* webpage *Mental Health First Aid Canada* @ <http://www.mentalhealthfirstaid.ca/en> ****

What is Mental Health First Aid (MHFA)?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

MHFA shares the same overall purpose as traditional first aid. It aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health.
- Provide comfort to a person experiencing a mental health problem.

Topics Covered:

Section One: Mental Health and Mental Health Problems

What is Mental Health First Aid?

What are Mental Health Problems?

Reasons people take Mental Health First Aid?

General information and statistics regarding mental health in Canada.

Section Two: Substance-Related Disorders

What is a substance-related disorder?

Types of substance-related disorders

Types of substances use disorder

How to administer MHFA for substance-related problems

Crisis first aid for an overdose

Resources available for individuals experiencing substance-related problems

Section Three: Mood-Related Disorders

What is a mood-related disorder?

Types of mood-related disorders

Mood-related disorders and substance us

How to administer MHFA for mood-related problems

Crisis first aid for suicidal behaviour.

Resources available for individuals experiencing mood-related problems

Section Four: Anxiety & Trauma-Related Disorders

What is an anxiety-related disorder?
Types of anxiety-related disorders
Types of trauma-related disorders
Anxiety-related disorders and substance use
How to administer MHFA for anxiety and trauma-related problems
Crisis first aid for panic attacks
Crisis first aid for acute stress reaction
Resources available for individuals experiencing anxiety and trauma-related problems

Section Five: Psychotic Disorders

What is a psychotic disorder?
Types of psychotic disorders
Psychosis and substance use
How to administer MHFA for psychosis problems
Crisis first aid for a psychotic episode.
Resources available for individuals experiencing psychosis problems

Section Six: Resources

Mental health problems and the workplace
Self-care
Cognitive distortions
Other resources

Important Information:

- To obtain MHFA certification, a participant must attend both days in full (12 hours total).

Thank you for your interest in MHFA.

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Certified MHFA Instructor

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