

Mental Health First Aid CANADA

One in three Canadians will experience a mental health problem in their lifetime.

Will you know how to help?

What is Mental Health First Aid? This workshop teaches participants how to help someone who is showing signs of a mental health problem or is experiencing a mental health crisis. MHFA Canada is an evidence based program of the Mental Health Commission of Canada.

Who Should Attend? All patient facing clinic staff are welcome to submit expression of interest to attend.

The 2 day training course, sponsored by Partnering for Quality, covers the following topics:

- Signs and symptoms of mental health problems and crisis situations
- A basic model to provide Mental Health First Aid
- Information about how to help in a crisis and how to help prevent a crisis from arising
- Encouraging a person to identify options for help

This **basic** level interactive, two day virtual course teaches practical skills using a model that is easy to remember and apply in real life settings. It is appropriate for those with limited or no knowledge of mental health concerns. A detailed course outline is on the reverse side.

UPCOMING SESSION DATES:

October 20/21, 2021 9:00-12:30

October 27/28, 2021 9:00-12:30

**November 16/17, 2021 9:00-12:30

**November 24/26, 2021 9:00-12:30

**dates are subject to change

For information, email info@partneringforquality.ca

Registration will be confirmed upon completion of application



For more information on this course, visit the website www.mentalhealthfirstaid.ca



Course Outline

Session 1

- **Mental Health First Aid**
- **Common mental health problems**
- **The five basic steps of mental health first aid**
- **What are substance use disorders?**
- **Symptoms and risk factors**
- **Crisis first aid for overdose**
- **Mental health first aid for substance use disorders**
- **Treatment and resources**

Session 2

- **What is depression?**
- **Symptoms of depression**
- **Risk factors for depression**
- **Alcohol, drugs and depression**
- **Suicide in Canada**
- **Crisis first aid for suicidal behaviour**
- **Mental health first aid for depression**
- **Treatment and resources**

Session 3

- **What are anxiety disorders?**
- **Symptoms of anxiety disorders**
- **Risk factors for anxiety disorders**
- **Alcohol, drugs and anxiety disorders**
- **Crisis first aid for panic attacks**
- **Crisis first aid for acute stress reaction**
- **Mental health first aid for anxiety disorders**
- **Treatment and resources**

Session 4

- **What are psychotic disorders?**
- **Symptoms of psychotic disorders**
- **Risk factors for psychosis**
- **Alcohol, drugs and psychotic disorders**
- **Crisis first aid for acute psychosis**
- **Mental health first aid for psychosis**
- **Treatment and resources**
- **Other expressions of distress**