Mental Health First Aid (panic attack)

📽 Video Introduction

Today, we're going to watch a short video about a worker who experienced a panic attack while on site. The story shows how important it is to look out for each other and speak up when something doesn't feel right.

In the trades, we deal with a lot of pressure, long hours, and dangerous work. Mental health can take a hit, and that's okay. What's not okay is staying silent.

Keep Your Promise means this: *If you see something, say something*. You could make all the difference.

> **Trigger Warning (to be read out loud):** The aim of this conversation is to learn and share our experiences and thoughts with honesty. Because of this, some comments may trigger a negative reaction. If a comment or topic starts to upset you, I advise that you please talk to your support team. That could include your supervisor, union representative, HR personnel, Employee and Family Assistance Program provider (*if you have one*), friends, family, or a close colleague.
>
> Remember: If you are in distress, you can call or text **9-8-8** anytime. Call 9-1-1 or go to your local emergency department if it is an emergency.

Video link: https://www.youtube.com/watch?v=TOhJIHLsoRk (4:51 minutes)

🗣 Discussion Questions

1. **What signs did you notice that the worker wasn't okay?**
   (Prompt workers to identify behaviours or body language that signaled something was wrong.)
2. **Have you ever felt off or seen a co-worker struggling? What happened?**
   (Invites personal reflection and peer learning.)
3. **What would you do if you saw someone showing signs of panic or distress on your site?**
   (Gets workers thinking about action steps and responsibility.)

📝 Speaker Notes

- **Tone**: Keep it respectful, open, and supportive. Emphasize that it's *normal* to feel stressed and *okay* to talk about it.
- **Goal**: Encourage the crew to think about real situations and what they'd do.
- **Support**: Remind them of EAPs, peer support workers, or supervisors they can talk to.
- **Link to campaign**: Repeat: "Keep your promise. If you see something, say something."

Wrap up: If you see something, say something. Mental health matters on the job site.
In the trades, we look out for each other when it comes to safety. Mental health is no different.

Keep your Promise: https://www.ihsa.ca/keepyourpromise

Handout: Mental Health First Aid (panic attack)

A worker experiences a panic attack on-site. It shows how pressure, stress, and silence can build up—and how important it is to support one another.

Key Takeaways:

✅ Mental health is just as important as physical safety.
✅ We all have bad days—no one should suffer in silence.
✅ You don't need to have all the answers. Just noticing and checking in can help.
✅ Early support = safer sites.

What You Can Do:

👷 Notice changes in your co-workers: are they quieter, on edge, distracted?
👷 Ask: "You alright?" or "Need a hand?"
👷 Talk to your supervisor or use available support services.
👷 Don't ignore the signs—**you could make all the difference.**

👷 **Take some training.**

- Mental Health in the Trades, co-developed by IHSA and Opening Minds https://www.ihsa.ca/Training/Courses/The-Working-Mind-For-The-Trades-Worker-(Virtual.aspx
- Opening the Door to Support, an IHSA program for all people leaders and those looking to develop skills to support any co-worker or family member. https://ihsa.learnupon.com/store/4132635-opening-the-door-to-support

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Where to Get Help

If you or someone you know needs support, here are some resources:
📞 **ConnexOntario** (24/7 mental health & addiction support): 1-866-531-2600
📞 **Hope for Wellness Help Line** (support for Indigenous workers): 1-855-242-3310
📞 **988 Suicide Crisis Hotline** (call 9-8-8, or text 9-8-8 to be connected 24/7)
📞 **Employee Assistance Program (EAP)** (Check with your employer or union)
📞 **Local peer support programs** (Ask your union rep or health & safety team)

Learn more about how to support your co-workers: www.ihsa.ca/workplacementalhealth

💬 **Remember: KEEP YOUR PROMISE: If you see something, say something**