

What is Mental Health First Aid??



Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional help is received or until the crisis is resolved. Mental Health First Aid shares the same overall purpose as traditional medical first aid – to help save lives.

Mental Health First Aid

Many of the **mental health problems** that exist are **more common** than physical health problems. In fact, one in three Canadians will experience some form of a mental health problem over the course of their lifetime. Unfortunately, people often know more about physical illness than they do mental illness. This lack of understanding promotes fear and stigma. It prevents people from seeking help early and seeking the best kind of help. It also keeps people from providing appropriate support to friends, colleagues, family members and people around them, simply because they don't know how.

What is the purpose of the course??

Mental Health First Aid Canada is an evidence-based course developed to teach participants how to help someone showing signs of a mental health problem or experiencing a mental health crisis. The course aims to teach people to:

- Identify when a person may be a risk to themselves or others and to how take steps to preserve life.
 - Recognize the early signs of mental health problems and provide help to prevent more serious problems from developing.
 - Provide comfort to someone with a mental health problem and support him or her in the process of recovery.
 - Guide a person toward the appropriate professional help.
- Reduce stigma associated with mental health problems.

What is the content of the course??

Mental Health First Aid Canada is a 12-hour training course delivered in four modules of three hours each by a qualified instructor. It is an interactive course that is provided in a supportive group-learning environment. Practical skills are taught using a model that is easy to remember and apply in real-life situations. Anyone, be it an employer or member of the general public, can benefit from Mental Health First Aid.

The course covers the following topics:

- What is meant by mental health and mental illness/mental health problems.
 - Signs and symptoms of common mental health problems, such as depression, anxiety, psychosis and substance abuse, as well as what to do in a crisis situation.
 - A basic model to provide Mental Health First Aid.
 - Information about effective interventions, treatment options and resources.
- How to access professional help.

For more information please contact:

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