

If I sprain my ankle,
chances are you'll
know what to do.



If I have a panic
attack, chances
are you won't.

*1 in 5 Canadians will experience a mental health problem this year.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. It does not train people to become counselors or therapists. And just like with physical first aid, we need to ensure that there is someone close by who can intervene in the event of a crisis or identify an emerging health problem in our communities and in our workplaces.

Evidence for MHFA: Since 2007, over 60,000 Canadians have been trained in Mental Health First Aid. International research has shown that this 12-hour evidence-based course offers significant positive impacts for participants and their workplaces, communities and families. Namely:

- Significantly greater recognition of the most common mental health illnesses and problems
- Decreased social distance from people with mental health illnesses or problems
- Increased confidence in providing help to others
- Demonstrated increase in help actually provided

The MHFA courses discuss the following:

- ✓ Substance-related disorders
- ✓ Mood disorders
- ✓ Anxiety disorders
- ✓ Psychotic disorders
- ✓ Eating disorders (Youth course)
- ✓ Deliberate self-injury (Youth course)

Crisis first aid interventions for:

- ✓ Overdose
- ✓ Suicidal behaviour
- ✓ Panic attack
- ✓ Psychotic episode
- ✓ Acute stress reaction

MHFA uses the **ALGEE** model as the centrepiece of its first aid training:

- A**ssess risk of suicide and/or harm
- L**isten non-judgmentally
- G**ive reassurance and information
- E**ncourage the person to get appropriate professional help
- E**ncourage other supports

By learning to use these actions, MHFA participants will be prepared to offer effective intervention in all stages of mental health problems, from early detection to recovery.

**For more information about
Mental Health First Aid Canada, please:**

Visit www.mhfa.ca
Email mhfa@mentalhealthcommission.ca
Call 1-866-989-3985

**Mental Health
First Aid CANADA**



Mental Health First Aid Canada is a program of
the Mental Health Commission of Canada.