

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 behavior
- ✓ Panic attack
- ✓ Psychotic episode
- ✓ Acute stress reaction

MHFA uses the **ALGEE** model as the centerpiece 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](http://www.mhfa.ca)

Email [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca)

Call 1-866-989-3985

**Mental Health  
First Aid** CANADA



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

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