



# Mental Health First Aid

**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.

The 12-hour training course 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 evidence-based, interactive course 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 settings.

Who Should Attend? Members of the general public, teachers, health service providers, emergency workers, human resources professionals, employers, community groups. Anyone can benefit from learning Mental Health First Aid.

Thurs. Nov 5 & Fri. Nov 6, 2009 ~ Guelph

Tues. Jan 19 & Wed. Jan 20, 2010 ~ Kitchener-Waterloo

Tues. May 18 & Wed. May 19, 2010 ~ Kitchener-Waterloo

To register, or for more information: please e-mail [workshops@cmhagrb.on.ca](mailto:workshops@cmhagrb.on.ca)  
or call 519-766-4450 x269 / 1-866-448-1603 x269



\$125.00 per person  
Registration is required. Sorry, no refunds  
Maximum 4 individuals per organization.



CANADIAN MENTAL  
HEALTH ASSOCIATION  
Grand River Branch

For more information on this course, visit the website [www.mentalhealthfirstaid.ca](http://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**