



# MENTAL HEALTH FIRST AID

## Adults Who Interact With Youth

Mental health problems begin sooner than you think.

Mental Health First Aid for Adults who Interact with Youth focuses on the basics, and more specifically on mental health problems and first aid for young persons aged 12-24.

### AIMS OF THE 14 HOUR COURSE

- ▶ Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury.
- ▶ Provide initial help when facing a mental health problem or crisis.
- ▶ Guide youth and/or adults who support them toward appropriate professional help.
- ▶ Learn how to accommodate young people who are in distress or are recovering from a crisis.

“This was an excellent course, made even better by the instructor. It opened my eyes to my own biases and preconceived ideas. I definitely feel better equipped to deal with students in crisis.”

Course participant

### TOPICS COVERED

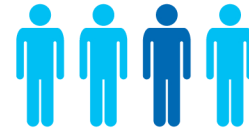
- ▶ Substance related disorders
- ▶ Mood related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Psychotic disorders
- ▶ Eating disorders
- ▶ Deliberate self-injury

### CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Suicidal behaviour
- ▶ Overdose
- ▶ Self-harm
- ▶ Psychosis
- ▶ Acute stress reaction
- ▶ Panic attacks

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 200,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)



**1 in 4** young people aged 9-19 report experiencing mental illness.

- ▶ Over 44% of Canadian postsecondary students report feeling so depressed within the last 12 months that it was difficult to function.
- ▶ In Canada, suicide is the second leading cause of death among those aged 15 to 34.

### Who should train in MHFA Adults Who Interact With Youth?

- ▶ Teachers
- ▶ Social workers
- ▶ Counsellors
- ▶ Law enforcement
- ▶ Parents and family members
- ▶ Coaches
- ▶ Babysitters
- ▶ First responders
- ▶ Healthcare providers
- ▶ Community leaders

To learn more,

Please contact Bernice at [bhaley@cmhanl.ca](mailto:bhaley@cmhanl.ca) or call 709-753-8550



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