



Mental Health First Aid

Solutions for Psychologically Healthy Workplaces



Prevalence
Impact
Change Matters
Opportunity for Change

Prevalence

1 in 5

Canadians will experience a mental illness in any given year.

3 in 5

Employed Canadians are affected by a mental health diagnosis, either personally or via a close family member.

70%

of working Canadians report that their work experience affects their mental health, either positively or negatively.



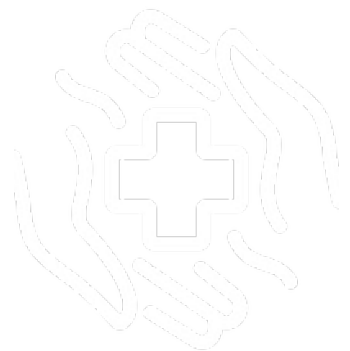
Impact

- **Increased absenteeism:**
Employees missing work due to mental health challenges.
- **Increased presenteeism:**
Working while not functioning at full capacity due to mental or physical illness.
- **Reduced** productivity and job performance
- **Reduced** job satisfaction and commitment to the organization
- **Higher risk** of unsafe work behaviours
- **Greater** interpersonal conflict with coworkers
- **Higher risk** of physical illness



Change Matters

- Companies supporting employee wellbeing see productivity gains of ~13%.
- 1 in 3 employees consider mental health resources when choosing a job.
- 73% of employees and 81% of managers are more likely to stay with employers offering high-quality mental health support.



\$1.62 gained for every dollar invested after one year; increasing to \$2.18 after three years.

Mental Health First Aid Tools



Mental Health First Aid



Mental Health First Aid (MHFA) equips you to recognize signs of mental distress and provide immediate support until professional help is available. It also offers a step-by-step Action Plan (ALGES) to guide you in assisting someone in crisis. These can be used in any order.

A.L.G.E.S Action Plan



Approach and Assess

Approach the person, assess and assist with any crisis



Listen

Listen and communicate non-judgmentally



Give Reassurance

Give reassurance and information



Encourage

Encourage the person to reach out to supports



Self-Care

Self-care for the first aider

If you are in distress, you can call or text **988 (1-866-APPELLE in Quebec)** at any time.
If it is an emergency, call 9-1-1 or go to your local emergency department.

To learn more about MHFA training, and the MHFA Action Plan (ALGES) visit: OpeningMinds.org



Mental Health First Aid Essentials

Objective 1

Identify the role of a Mental Health First Aider.

Understand what mental health means, and how it impacts our lives.

Objective 2

Gain familiarity with each action, and learn to apply the framework through scenario-based activities.

Mental health decline + crisis situations.

Objective 3

Understand the definition and importance of self-care practices for maintaining personal mental health while supporting others.



Mental Health First Aid Certification

- Presents the same concepts as *Mental Health First Aid Essentials* , with additional depth and detail surrounding each key objective.
- Builds confidence through multiple practical scenarios.
- Elaborates on the self-care component of ALGES by presenting the three-pillars model.

Reflective

Purposeful

Boundaries



Program Details:

Mental Health First Aid Adaptations

- Supporting Youth
- Supporting Older Adults
- Veteran Community
- First Nations
- Northern Peoples
- Inuit





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WEBSITE

OpeningMinds.org

