



## LISTRUM TRAINING & CONSULTING

**What is Mental Health First Aid?** MHFA is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

MHFA is a nationally recognized two-day workshop involving twelve hours of instruction. Many registering bodies have approved this course for Continuing Education hours. To obtain certification through the Mental Health Commission of Canada, participants must attend all 12 hours.

**You will learn to:**

- Recognize the symptoms of a mental health problem;
- Provide initial support to someone experiencing a mental health problem; and
- Guide the person toward appropriate professional help.

**The topics covered in this workshop include:**

- Substance-Related disorders – Including Crisis Response for an overdose.
- Mood-Related disorders – Including Crisis Response for suicidal behaviour.
- Anxiety-Related disorders – Including Crisis Response for a panic attack.
- Trauma-Related disorders – Including Crisis Response for acute stress reaction.
- Psychotic disorders – Including Crisis Response for a psychotic episode.

**What are the benefits of having a Mental Health First Aid certificate?**

**For the workplace,** MHFA is a foundational component of any Psychological Health and Safety program. According to the Mental Health Commission of Canada, 20% of all sick leaves are related to mental health. The Great-West Life Assurance Company reports that 30% of all disability claims are related to mental health, and further, that depression is a secondary diagnosis in 75% of long-term disability claims. Employers who set a strategic direction for improving mental health in the workplace benefit greatly, and are rewarded with significant improvements in:

- ❖ **Productivity:** Psychologically healthy employees work efficiently;
- ❖ **Cost Savings due to Disability and Absenteeism:** There is a strong link between mental health, physical well-being and injury prevention;
- ❖ **Operational Success:** Mentally healthy workplaces are characterized by higher levels of employee motivation, commitment, innovation and creativity, as well as fewer errors, better decision making and improved planning;
- ❖ **Recruitment and Retention:** Today's employees are looking for a workplace that supports their personal and professional growth;
- ❖ **Conflict Reduction:** Better mental health among employees means fewer grievances and complaints, and a stronger corporate reputation.

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