



**LISTROM TRAINING**  
— & CONSULTING —

**What is Mental Health First Aid?** MHFA is the help provided to a person developing a mental health and/or substance use problem, experiencing the worsening of an existing mental health and/or substance use problem, or in a mental health and/or substance use 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. Mental Health First Aid is a nationally recognized certification course. Many registering bodies have approved this course for Continuing Education hours.

**Course participants will learn how to:**

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis.
- Have conversations that encourage a person to: Talk about declines in their mental well-being; discuss professional and other supports that could help with recovery to improve mental well-being; and, reach out to these supports.
- Assist in a mental health or substance use crisis.
- Use MHFA actions to maintain one's own mental well-being.

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

| Mental Health for Declining Mental Well-being  | MHFA for Crisis Situations   |
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| <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety Problems</li> <li>• Psychosis</li> <li>• Substance Use Problems</li> <li>• Gambling Problems</li> <li>• Eating Disorders</li> </ul> | <ul style="list-style-type: none"> <li>• Suicidal Thoughts and Behaviours</li> <li>• Non-Suicidal Self-Injury (NSSI)</li> <li>• Panic Attacks</li> <li>• Following a Traumatic Event</li> <li>• Severe Psychotic States</li> <li>• Severe Effects of Alcohol Use</li> <li>• Aggressive Behaviours</li> </ul> |

**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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First Aid Canada**

