What is *Mental Health First Aid* for Adults who Interact with Youth?

Mental Health First Aid (MHFA) is the help offered to a person developing a mental health problem or experiencing a mental health crisis.

MHFA for Adults who Interact with Youth:

- addresses the unique aspects of mental health problems in young people aged 12-24
- assists in the identification of mental health problems – including eating disorders and deliberate self-injury – and appropriate first aid intervention strategies

Who should take it?

Anyone who interacts with young people: teachers, counselors, social workers, law enforcement, coaches, family members, first responders, health care providers, community leaders, foster parents, babysitters.

More than 80,000 Canadians have been trained in *Mental Health First Aid* since 2007.

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Mental Health Commission of Canada

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Find a course near you or learn how to become an instructor at www.mentalhealthfirstaid.ca

Mental Health First Aid is an evidence-based program of the Mental Health Commission of Canada.

Adults Who Interact
with Youth

Mental Health First Aid CANADA

Mental Health Commission of Canada

Commission de la santé mentale du Canada

Mental health problems can begin sooner than you think.

70% of young adults living with mental health problems report that their symptoms developed in childhood or early adolescence

23% of deaths among 15-24 year olds are accounted for by suicide

12% of females and 5% of males aged 12-19 have experienced a major depressive episode

In Canada, only **1 out of 5** children who need mental health services receives them.

The aims of *Mental Health First Aid*

1. Preserve life when a person may be a danger to self or others
2. Provide help to prevent the problem from becoming more serious
3. Promote and enhance recovery
4. Provide comfort and support

"I had to use the skills I gained in *Mental Health First Aid* TWICE in the very first week I finished it. Having the training makes an incredible difference in being able to have a helpful conversation with people you care about."
– MHFA Participant

Why *Mental Health First Aid*?

Widespread stigma and a lack of information about mental health issues mean that many people do not know how to respond to a mental health crisis. Also, people living with mental health problems often do not seek help independently or even know they need it.

Course Format

MHFA for Adults who Interact with Youth is a 14-hour course.

Instructors are skilled facilitators from a wide variety of backgrounds who have experience in mental health and maintain their certification.

Course participants receive an MHFA manual to keep and a Certificate of Completion.

Outcomes for *MHFA for Adults who Interact with Youth* course participants

MHFA-trained individuals are equipped to:

- Recognize and understand the symptoms of mental health problems, including those related to non-suicidal self-injury
- Provide help to prevent a mental health problem from developing into a more serious state
- Promote the recovery of good mental health by accommodating young people in distress or recovering from a crisis

International evidence for MHFA

MHFA is offered in over 20 countries around the world. International research has shown that this evidence-based course offers significant positive impacts for participants and their schools, communities and families, namely:

- Significantly greater recognition of the most common mental health illnesses and problems
- Decreased social distance from people with mental health illnesses or problems
- Increased confidence in providing help to others
- Demonstrated increase in help actually provided