

Mental Health First Aid (MHFA) Overview:

The support provided to a person who may be experiencing a decline in their mental well-being, a mental health crisis, or substance use problem. Just as physical first aid is administered to a person with an injury prior to seeking more intensive medical care, MHFA is the immediate support provided to an individual until appropriate treatment is found or the crisis is resolved.

Project Goals:

- 01 Enhance Community Mental Health Awareness**
- 02 Provide Practical Mental Health First Aid Training**
- 03 Strengthen Support Networks in Rural Areas**
- 04 Promote Long-Term Mental Health Resilience**

Mental Health First Aid Current Stage:

The Mental Health First Aid Project is currently in progress, with sessions actively being scheduled to provide essential training. Advertisements are being conducted to promote the upcoming sessions and raise awareness about the importance of mental health first aid. In addition, the project is actively seeking funding to support its continued growth and ensure its sustainability. Efforts are focused on equipping individuals with the skills and knowledge needed to effectively support others in crisis, while also working to expand participation and engagement in these vital sessions.

Project Background:

1 in 3 Canadians will experience mental health in their life time. While we often know a lot about physical illness, there tends to be less knowledge about mental health or substance use problems.

MHFA standard training provides participants with the tools to:

1. Recognize signs of declining mental well-being.
2. Have conversations that encourage a person to discuss their mental state and confidence to reach out to support
3. Assist during a mental health or substance use crisis.
4. Maintain one's own mental wellness
5. Learn about mental health support in the community.



Project Timeline:

- 01 Planning & Development**
- 02 Outreach & Connections**
- 03 Training Sessions**
- 04 Follow Ups & Support**
- 05 Evaluation & Reporting**



Proactive



Inclusive



Empowering



Supportive