



MENTAL HEALTH COMMISSION OF CANADA

**Mental Health First Aid** 

**The prevalence of mental health concerns in youth is estimated at 20%.**

## **Do you know how to help?**

Mental Health First Aid (MHFA) Canada *For Adults who Interact with Youth* is a program of the Mental Health Commission of Canada and teaches first aid skills to adults so they can provide help to youth (ages 12-24) developing a mental health problem or experiencing a mental health crisis. In 14 hours\* you will learn:

- Signs and symptoms of common mental health problems and crisis situations
- Basic actions for mental health first aid
- How to access help and resources

### **Mental Health Problems Situations**

Substance Related Disorder

Depression

Anxiety Disorders

Stress Reaction

Psychosis

Deliberate Self Injury

Eating Disorders

### **Crisis**

Overdose

Suicidal Behaviour

Panic Attacks/Acute

Acute Psychosis



**For further information contact:**

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[www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)