



## **Welcome to Mental Health First Aid Workshops**

EZRA, is pleased to provide MENTAL HEALTH FIRST AID TRAINING IN EASTERN NEWFOUNDLAND. STATISTICS SHOW THAT 1 IN 5 WILL EXPERIENCE A MENTAL HEALTH PROBLEM IN ANY GIVEN YEAR.

MENTAL HEALTH FIRST AID CANADA IS A 12 HOUR INTERACTIVE COURSE THAT TEACHES PARTICIPANTS TO RECOGNIZE THE SIGNS OF A MENTAL HEALTH PROBLEM OR A MENTAL HEALTH CRISIS. IT TEACHES THE SKILLS REQUIRED TO PROVIDE INITIAL HELP AND TO GUIDE THE PERSON TO APPROPRIATE PROFESSIONAL RESOURCES.

TO OBTAIN MHFA CERTIFICATION, A PARTICIPANT MUST ATTEND ALL SESSIONS OF THE COURSE.

**EZRA COMMUNITY CHAPLAINCY**  
*"LOVE IN ACTION" SINCE 1999*  
**The Arc Building**  
45 Marine Drive / P. O. Box 9191  
Clarenville, NL A5A 2C2  
**709-425-2255** ezra@ezra.ca



Mental Health Commission  
of Canada  
Commission de la santé mentale  
du Canada

**Ezra Community Chaplaincy** The Arc Building / 45 Marine Drive

P. O. Box 9191 / Clarenville / NL A5A 2C2  
Telephone 709-425-2255 / Cell 709-427-8255 / email ezra@ezra.ca



Mental Health Commission  
of Canada  
Commission de la santé mentale  
du Canada

**Mental Health First Aid CANADA**



**EZRA**

**Community Chaplaincy**

*Fostering Positive  
Mental Health*

*through*

*Mental Health  
First Aid Workshops*

## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

MHFA shares the same overall purpose as traditional first aid. It aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health.
- Provide comfort to a person experiencing a mental health problem.

## Course Outline

### **Section 1 - What is Mental Health First Aid?**

Mental Health First Aid  
Common mental health problems  
Five basic actions of mental health first aid  
Stigma and discrimination

### **Section 2 - Substance-related disorders**

What is a substance-related disorder?  
Signs and symptoms  
Risk factors  
MHFA for substance-related problems  
Crisis first aid for overdose  
Treatment and resources

### **Section 3 - Mood-related disorders**

What is a mood-related disorder?  
Types of mood-related disorders  
Signs and symptoms  
Risk factors  
Substance use and mood disorders  
Suicide in Canada  
MHFA for mood-related problems  
Crisis first aid for suicidal behaviour  
Treatment and resources

### **Section 4 - Anxiety & trauma-related Disorders**

What are anxiety & trauma related disorders?  
Types of anxiety & trauma related disorders  
Signs and symptoms  
Risk factors  
Substance use and anxiety related disorders  
MHFA for anxiety and trauma related issues  
Crisis first aid for panic attacks  
Crisis first aid for acute stress reactions  
Treatment and resources

### **Section 5 - Psychotic disorders**

What is a psychotic disorder?  
Types of psychotic disorders  
Signs and symptoms  
Risk factors  
Substance use and psychotic disorders  
MHFA for anxiety problems  
Crisis first aid for psychotic episodes  
Treatment and resources

## Course Outcome

International evaluations and feedback have found the following outcomes for course participants:

- Increased awareness of signs and symptoms of the most common mental health problems.
- Increased confidence interacting with individuals experiencing mental health issues.
- Increased help actually provided to individuals in crisis or experiencing a mental health problem.
- Decreased stigma related to mental health.

---

## Instructors

### **Edison Wiltshire**

Ordained Minister / Former Social Worker  
Founder EZRA Chaplaincy  
Certificates, Diplomas & Degrees in  
Criminology / Counselling / Ministry / Theology / Divinity  
Mental Health First Aid Instructor

### **Natalie Decker**

Occupational Health Nurse RBNB COHN(C)  
Master's Degree in Employment Relations  
Cert in Occupational Health Nursing  
Cert Occ health and Safety  
Mental Health First Aid Instructor