



Mental Health
First  Aid

Instructor: Karen Kyliuk

Origins of MHFA

Developed in 2001 in Australia by Professors
Betty Kitchener and Anthony Jorm

Centre for Mental Health Research, Australian National University

Since 2005, sponsored by the ORYGEN
Research Centre

University of Melbourne



Australian Evaluation

Thoroughly evaluated using **randomized controlled trials** and **qualitative study** showing:

- ✓ Improves knowledge of mental disorders
- ✓ Reduces stigma,
- ✓ Increases the amount of help provided to others

MHFA Internationally

- Now in Scotland, Hong Kong, Sri Lanka, Finland and Canada (2006)
- Part of the National Mental Health strategies in Australia and Scotland

About MHFA Canada

- Basic or Adults Interacting with Youth version
- Flexible delivery format
- Interactive
- Practical
- For anyone

*Curriculum is Evidence Informed and
a National Evaluation is in process*



MHFA in Manitoba

- MHFA chosen because it is evidence informed and evaluated
- Strong focus on mental health literacy for all citizens of Manitoba
- Second province in Canada to have Instructors
- Involved in content review/revisions
- First Contract Trainer



MHFA in Manitoba

Currently 39 MHFA Canada Instructors:

Number of Instructors for:

Basic Course 32

Adults Interacting with Youth Course 7

MHFA in Manitoba

Instructors By Location:

- *27 Instructors in Winnipeg*
- *3 Instructors in Thompson*
- *2 Instructors in:*
Brandon, Selkirk, and Swan River
- *1 Instructor in:*
Teulon, Shoal Lake and Portage LaPrairie



Manitoba Impact

Number of participants who have taken
the MHFA Canada Course?

Estimated at HUNDREDS

What is MHFA?

- The help provided to a person developing a mental health problem or experiencing a mental health crisis.
- First aid is given until treatment is received or crisis is resolved
- Based on the model of medical first aid



Mental Health First Aid (MHFA)

- The aims of MHFA are to:
 - Preserve life where a person may be a danger to self or others
 - Provide help to prevent a mental health problem from becoming more serious
 - Promote recovery of good mental health
 - Provide comfort to a person experiencing a mental health problem



Why Mental Health First Aid

- Mental Health problems are common
- There is stigma/discrimination associated with mental health problems
- Many people are not well informed about mental health problems
- Professional help is not always on hand
- Most professionals do not know how to respond



MHFA Training includes...

- What is Mental Health and Mental Illness
- Signs and Symptoms of Common Mental Health Problems and Crisis Situations
- Basic 5-actions model to provide First Aid
- Info about Interventions and Treatments
- How to Guide Someone towards Professional Help and Resources



The Five Basic Actions

- **A**ssess the risk of suicide or harm
- **L**isten non-judgmentally
- **G**ive reassurance and information
- **E**ncourage the person to get appropriate professional help
- **E**ncourage other Supports

Mental Health Problems

Basic:

- Substance Related Disorders
- Mood Disorders
- Anxiety Disorders
- Psychosis

Adults who Interact with Youth:

Also covers Self Injury and Eating Disorders

MHFA Training

- 12 hour (Basic)
- 14 hour (Adults Interacting with Youth)
- Certification- after completion of course

***Suitable for Anyone,
Community Capacity Building***



MHFA as a Prevention Strategy

MHFA focuses on prevention and early intervention, and increasing mental health literacy of all Manitobans



Mental Health
First  Aid

Thank you for your Interest
and Commitment to Mental
Health Promotion in Manitoba