



MENTAL HEALTH FIRST AID Veteran Community (Virtual)

Mental Health First Aid (MHFA) is the support provided to a person in the Veteran community who may be experiencing a decline in their mental well-being or a mental health crisis.

OBJECTIVES

- ▶ Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis.
- ▶ Have conversations that encourage a person to talk about declines in their mental well-being, discuss professional and other supports.
- ▶ Assist in a mental health or substance use crisis.
- ▶ Use MHFA actions to maintain one's own mental well-being.

TOPICS COVERED

Module 1: Self-Directed (2 hours)

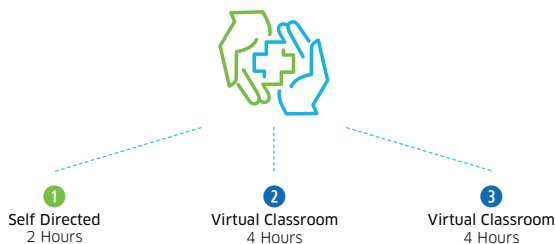
- ▶ Introduction to the course.
- ▶ Introduction to MHFA actions.

Module 2: Virtual Classroom (4 hours)

- ▶ Practice applying MHFA actions to situations of declining mental well-being.
- ▶ Guidelines for MHFA conversations with people from diverse cultures and members of the 2SLGBTQ+ community.

Module 3: Virtual Classroom (4 hours)

- ▶ Discussion on using MHFA actions for self-care.
- ▶ Practice using MHFA actions in crisis situations.



MHFA Veteran Community is funded by Veterans Affairs Canada. The MHCC thanks Veterans Affairs Canada for its contribution.

Mental Health First Aid Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and to improve services and support. Over 500,000 people in Canada have trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

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**1 in 5
Canadians**

will be living with a mental health problem this year. This includes Veterans.

Who should train in MHFA Veteran Community?

- ▶ Veterans
- ▶ Family members, relatives and friends
- ▶ Volunteers and other caring community members
- ▶ Former RCMP members
- ▶ Health professionals
- ▶ Providers of Veteran services

Courses are offered across the country.

To learn more, register, host a course or become an instructor:

- ▶ mhfa@mentalhealthcommission.ca
- ▶ **1-866-989-3985**
- ▶ www.mhfa.ca



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