



Mental Health  
First  Aid

**Dawn Scott, CMHA**

Certified MHFA

Instructor

**Basic**

**&**

**Adults who interact with Youth**

## 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
- People often do not know how to respond

# About MHFA Canada

- 12-hour course
- Flexible delivery format
- Interactive
- Practical
- For anyone – general public, teachers, health service providers, emergency workers, employers, etc.

# Topics

- What is meant by mental health and mental illness
- Signs and symptoms of common mental health problems and crisis situations
- Basic 5-step model to provide first aid
- Info about interventions and treatments
- How to guide someone toward professional help

# Contact Information

- Dawn Scott, CMHA Community Facilitator Annapolis County and Certified MHFA Instructor
- Phone: home: (902) 532-1643  
mobile: (902) 526-2456  
CMHA Office: (902) 638-8164
- Email: [dawnscott@ns.sympatico.ca](mailto:dawnscott@ns.sympatico.ca)

# Links

- <http://www.mentalhealthfirstaid.ca>
- <http://www.mentalhealthcommission.ca>
- <http://www.cmha.ca>