



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada



Course Outline

1. Mental Health and Stigma

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

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

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

Anxiety and Trauma-related Disorders

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

Psychotic Disorders

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



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