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

April 27, 2021

# Virtual Mental Health Training

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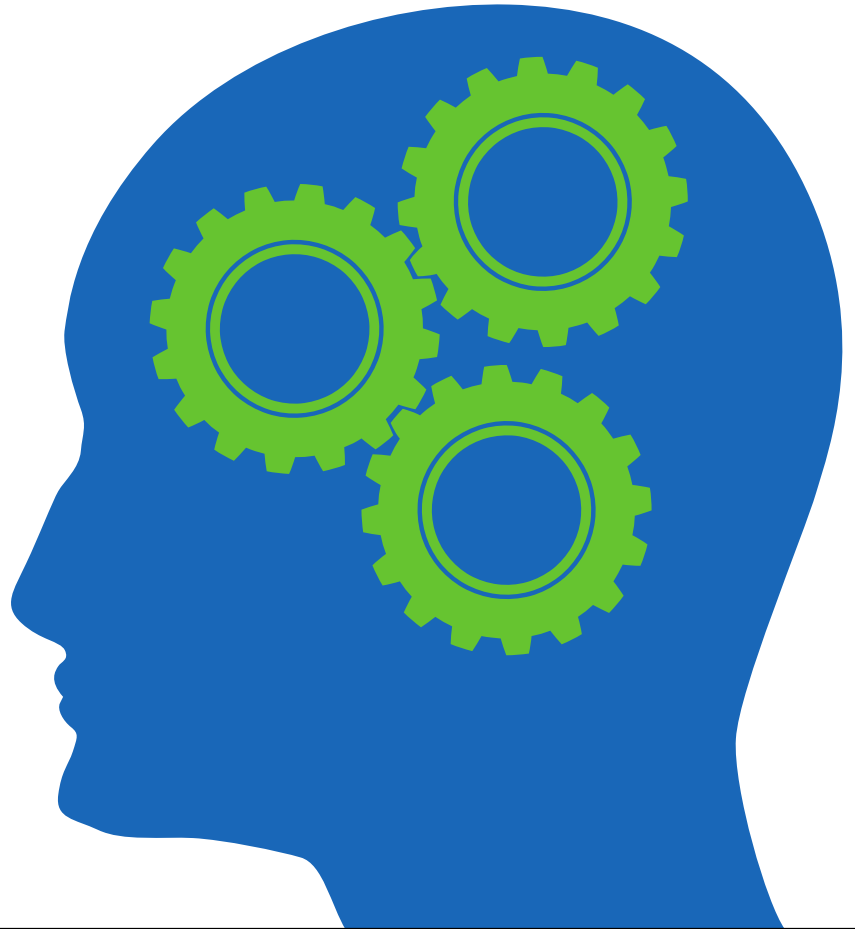

Q. Why are you so passionate about our training programs?

**Mental Health First Aid (MHFA)** is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

**Recognize**
a change in behaviour

**Respond**
with a confident conversation

**Guide**
to appropriate resources and support

- MHFA Standard
- MHFA Veteran Community
- MHFA Adults who Interact with Youth
- MHFA First Nations
- MHFA Northern Peoples
- MHFA Inuit
- MHFA Supporting Older Adults
- MHFA Police

# The Working Mind

# The Mental Health Continuum:

## Changes in Behaviour & Performance

| Healthy | Reacting | Injured | Ill |
|---|---|---|---|
| • Physically/socially active<br>• Present<br>• Performing well | • Decreased activity/socializing<br>• Procrastination<br>• Occasional performance issues | • Avoidance<br>• Tardiness<br>• Declining performance | • Withdrawal<br>• Absenteeism<br>• Can’t perform duties/tasks |

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# Q. What should people know about virtual training versus in-person training.

## S

## Sounds like

## A

How am I doing?
What has changed?
How long have I been feeling this way?

## L

Am I "listening" to the signs? Am I ignoring or minimizing symptoms? What about self-stigma?

## G

Early intervention is ideal!
Do I realize that it's okay to feel this way? Am I aware of the impacts on my life? Do I realize that supports have helped others feel better? Do I know about these supports?

## E

Can I think of others I could reach out to? A family member? Friend or community member? Spiritual or faith-based supports? What can I do for myself?

## E

Explore professional supports… What has helped in the past? Would it help to reach out to…?"

Q. Should I sign up for The Working Mind or Mental Health First Aid?

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# Q. How have workplaces implemented this type of training?

Q. 500,000+ people trained in MHFA. 200,000+ people trained in TWM. What are your expectations of people once they've completed our training?

# Keep in Touch!

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**Mental Health First Aid Virtual Training**
https://www.mhfa.ca/en/course-type/mhfa-standard-virtual

**The Working Mind Virtual Training**
https://theworkingmind.ca/working-mind-virtual