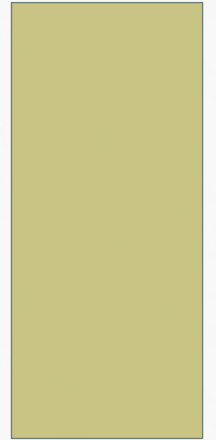


RESPONDING TO MENTAL HEALTH NEEDS



SESSION OVERVIEW

- Addressing mental health (stats, stigma, boundaries)
- Recognize, Respond, Refer
- Information about the Mental Health First Aid course
- Information about the SafeTALK and ASIST courses

MENTAL HEALTH STATS (CMHA)

- 1 in 5 Canadians will experience a mental health problem within their lifetime
- No bounds: affects people of all ages, cultures, socioeconomic levels
- 49% of Canadians do not seek treatment for mood (depression) and anxiety concerns

• Canadian Mental Health Association (www.cmha.ca)

STIGMA

- Stigma refers to negative attitudes (prejudice) and negative behaviour (discrimination) towards people with mental health problems
- Consider words, thoughts, ideas and actions used in your workplace
- Consider how can you, in your role, reduce stigma around mental health, talking about mental health, and seeking help

BOUNDARIES

- Know your comfort level
- Be aware of your stressors
- Understand the limitations of your job
- Be mindful of demands of your time or energy

CULTURAL CONSIDERATIONS

- Recognize that cultural understandings of well-being differ
 - Some cultures tend to be more accepting of talking about emotions, seeking help, and in their views around mental health
 - Let them be the experts on their experience
 - Work to break down stigma

STRATEGIES

- Recognize
- Respond
- Refer

RECOGNIZE

- Recognize signs and symptoms of a mental health problem
 - You don't have to be an expert
 - You don't have to diagnose
 - You **do** need to know when to ask questions
- Sign – is something that other people see
- Symptom – is what the person feels or experiences
- Absenteeism and presenteeism
- Mental health problems affect the way we think, relate and interact.

RESPOND

- Respond
 - Consider severity, intensity and duration of symptoms
 - Set the tone by not being afraid to engage in the conversation – you are demonstrating that you are a safe person to talk to
 - Mental health illnesses are treatable and usually episodic
 - Give reassurance and support

REFER

- Refer
 - Be aware of resources in your area and on-line
 - www.camh.ca (Centre for Addiction and Mental Health)
 - www.cmha.ca (Canadian Mental Health Association)
 - Your local telephone distress/crisis centres
 - Access to counselling or Employee Assistance Programs (EAP)

COMMON FEARS

- Saying the wrong thing
- Not being able to “fix it”
- Making things worse
- Can’t convince them to get help
- Forgetting what to do
- “I might not say the exact right thing, but I want you to know that I care. I wish I had the right words, but if I don’t, I hope you can bear with me because I really do want to listen and hear your story.”

COURSES

- Mental Health First Aid (MHFA) – 12 hour
 - safeTALK – 4 hour
 - Applied Suicide Intervention Skills Training (ASIST) – 12 hour
-
- All three courses provided across Canada
 - MHFA www.mhfa.ca
 - safeTALK and ASIST www.livingworks.net

MENTAL HEALTH FIRST AID (MHFA)

- Basic Adult Course and Youth Course offered
- Topics covered include:
 - substance-related disorders
 - depression and bipolar disorder
 - anxiety disorders
 - psychosis
 - (eating disorders and deliberate self-injury covered in the Youth Course)

PURPOSE OF MHFA

- Identify when a person may be a danger to themselves or others and take steps to preserve life
- Recognize early signs of mental health problems and provide help to prevent more serious problems from developing
- Provide comfort to someone with a mental health problem
- Guide a person towards appropriate professional help

BENEFITS OF MHFA

- Learn to recognize mental health problems
- Increase knowledge about appropriate treatments
- Reduce stigma
- Increase confidence in providing help to others

SAFETALK

- Half day training in suicide alertness
- Helps participants recognize a person with thoughts of suicide and connect them with resources
- Apply TALK steps: Tell, Ask, Listen, KeepSafe
- Know community resources

ASIST

- Applied Suicide Intervention Skills Training (ASIST)
- Two-day workshop in suicide first aid
- Teaches participants to recognize when someone may be at risk of suicide
- Teaches participants how to talk to someone who is at risk and to create a plan that will support their immediate safety

QUESTIONS?