

Mental Health First Aid (MHFA)

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

MHFA aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health.
- Provide comfort to a person experiencing a mental health problem.

Mental Health First Aid Basic is a course that discusses the following mental disorders:

- Substance use disorders
- Mood disorders
- Anxiety disorders
- Psychotic disorders

Crisis first aid skills for the following situations are learned:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode

The following Unifor Representatives have completed the Mental Health First Aid course:

Jason Adams – Garage – Local 8571

Angela Boudreau – B Casting – Local 8473

Danny Casquilho – ABF – Local 8654

Angela Ito – Garage – Local 8220

Inness McKenzie – Plant Services, Utilities & Maintenance – Local 8155

Tony Nuzzo – Automation – Local 8597

Marc Young – Unifor Safety office – Local 8411 & cell 778-876-8411

We thank these Reps for their dedication to our Health and Safety and encourage everyone to contact them in their moment of need.