Helping Others

- Notice signs of mental distress
- Be pro-active about checking in
- Listen non-judgmentally
- Connect people to appropriate self- and professional help
Helping Ourselves

What will I do for Self Care?
- Physical
- Mental
- Emotional
- Spiritual
- Personal
- Professional

Who can I call at any time?

What if I need more help?

Mental Health First Aid

What participants learn:
- Risk factors and warning signs of mental health and substance use problems
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone who is developing a mental health problem or is in crisis
- Available evidence-based professional, peer and self-help resources

Mental Health First Aid is Evidenced-backed:
- Quantitative & qualitative studies have shown that the program
  - Improves people’s mental health
  - Increases understanding of mental health issues and treatments
  - Connects more people with care
  - Reduces stigma