

Mental Health First Aid Basic

Mental Health First Aid Basic is a 12-hour 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

Course outline

Session One: Mental Health and Mental Health Problems

- What is Mental Health First Aid?
- Common mental health problems
- Five basic actions of mental health first aid
- Stigma and discrimination?
- What is a **substance-related disorder**?
- Signs and symptoms
- Risk factors
- MHFA for substance-related problems
- Crisis first aid for overdose
- Treatment and resources

Session Two: Mood Disorders

- What is a **mood disorder**?
- Types of mood disorders
- Signs and symptoms
- Risk factors
- Substance use and mood disorders
- Suicide in Canada
- MHFA for mood problems
- Crisis first aid for suicidal behaviour
- Treatment and resources

Session Three: Anxiety Disorders

- What is an **anxiety disorder**?
- Types of mood disorders
- Signs and symptoms
- Risk factors
- Substance use and anxiety disorders
- MHFA for anxiety problems
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reactions
- Treatment and resources

Session Four: Psychotic Disorders

- What is a **psychotic disorder**?
- Types of psychotic disorders
- Signs and symptoms
- Risk factors
- Substance use and psychotic disorders
- MHFA for anxiety problems
- Crisis first aid for psychotic episodes
- Crisis first aid for acute stress reactions