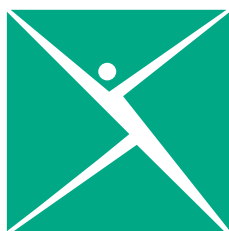


# **Responding with Respect:**

## **A Mental Illness First Aid Course**



**CANADIAN  
MENTAL HEALTH  
ASSOCIATION**

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**ASSOCIATION  
CANADIENNE  
POUR LA SANTÉ  
MENTALE**

*Vancouver-Burnaby Branch*

**(604) 872-4902, ext. 290**

## What is Mental Illness First Aid?

- ◆ Mental Illness First Aid (MIFA) is an exciting new 2 day course designed for people working with the general public to gain a better understanding of mental illnesses and the basic skills and knowledge to deal with specific situations.
- ◆ MIFA follows the physical First Aid model by teaching people first responder skills that will help save lives.
- ◆ MIFA recognizes the importance of first aid for mental illness and related issues in the workplace and public arena.

## Mental Illness First Aid Teaches You

- ◆ To recognize the signs and symptoms of a mental illness.
- ◆ To respond in a compassionate, safe and supportive way.
- ◆ To refer people to appropriate resources.

## Mental Illness First Aid Saves Lives

- ◆ Suicide is the second leading cause of death in young people.
- ◆ 500 people commit suicide in BC every year, 90% of them have a diagnosable condition.
- ◆ With early recognition and appropriate treatment we can save lives and end suffering.



### *Award Winning Program*

The *Mental Illness First Aid* course won a 2005 United Way Community Spirit Award

## Would you know what to do?

1

A customer is experiencing chest pains, a racing heart, shortness of breath, and an extreme fear of dying. Are they having a heart attack or a panic attack? Always call 911 and get medical help immediately. If they are having a panic attack and not a heart attack, what will you do?

2

Your client is constantly tired, has no interest in or energy for things they once enjoyed, has trouble getting out of bed, and has difficulty concentrating. Do they have chronic fatigue syndrome or are they depressed?

*How can you tell one from the other?  
How can you recognize and respond appropriately to the above people?*

The **Mental Illness First Aid Course** teaches you how to recognize symptoms of a mental illness, respond with respect and refer people to appropriate resources.

## Testimonials ...

*“It was the most useful training that I have attended ... I have used it a number of times since last week and referred clients to the suggested resources.”*

*“Best ever. I would love to attend more sessions like this and about this topic. Thanks for letting me have this opportunity.”*

*“Excellent instructors – both very knowledgeable and fun ... Gave me a better insight and understanding of mental illness and how it can affect anyone at any time.”*

## Why do we need a Mental Illness First Aid Course?

- ◆ 1 in 5 Canadians will seek help for a mental illness this year.
- ◆ 1 in 8 Canadians will be hospitalized for a mental illness.
- ◆ Early intervention in a mental illness, just like in a physical illness, reduces the risk of cognitive damage, maximizes better long term outcomes and reduces the risk of relapse.
- ◆ According to a Canadian Survey in 2000, the stigma associated with mental illness prevented nearly half of sufferers from getting help. With education and understanding we can change this.

## Who should take this course?

- ◆ Front line service providers who work with the public.
- ◆ Family members, friends or caregivers of people who have been diagnosed with a mental illness.
- ◆ People who work in helping professions such as education, health, community services & social work.
- ◆ Workplaces need assistance to recognize and respond to issues of mental illness.

## Contact us today:

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