

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 Canada 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

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

Mental Health First Aid Instructors Steve Tizzard has experience working in a remote and isolated location and understand the struggles and stressors associated with such a worksite; he strongly believe that MHFA Canada training can be beneficial for anyone, anywhere. He is passionate about mental wellness; he endeavour to promote mental health in the workplace and strive to encourage individuals to think about how it applies in their own lives.

Steve Tizzard, graduated with a Business Diploma in 1996 and played a role organizing training for individuals to work offshore. Then, in 1997 began working in Newfoundland and Labrador's Oil and Gas sector. His role on the Hibernia Platform for the last 18 years has been in communications, weather and ice management. In 2009, he was the recipient of the ExxonMobil Canada East President's Safety Award following the return to flight operations after the Cougar 491 tragedy. He has completed training in "Safe and Sane Workplaces" and is the founding member of the Offshore Wellness Committee which encompasses both onshore and offshore staff in the oil and gas industry.

Please complete the attached registration form and return by email if possible to walter.manning@unifor.org or by fax at 613-230-5801. Deadline for registration is February 26, 2016.

PLEASE NOTE that a hot breakfast will be served at 7:45 am and the session will start PROMPTLY AT 8:30 am. Soup and sandwiches will also be served for lunch and the session will end at approximately 4:00 pm.

The seminar will be held on **March 16 – 17, 2016** at:

**Four Points by Sheraton
1150 Wellington Road South
London, ON N6E 1M3**

Should you require further information, please do not hesitate to contact:

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