

MENTAL HEALTH

JOIN THE CONVERSATION

It's reported that 1 in every 5 Canadians experience a mental health problem within a given year. The absence of understanding and knowledge about mental health can lead to fear and negative attitudes towards individuals living with these problems. It can prevent individuals from seeking help for themselves and from providing support to others.

- Mental Health Commission of Canada

WHAT IS MENTAL HEALTH SUPPORT?



Mental Health First Aid (MHFA) is the support provided to an individual who may be experiencing a decline in their mental well-being or experiencing a mental health crisis.



Mental Health Support IS:

- Noticing changes
- Helping an individual feel safe to talk
- Discussing supports to improve mental well-being
- Assisting in crisis and offer support



Mental Health Support is NOT:

- Teaching to or diagnosing an individual
- Teaching how to or counselling an individual









Mental Health Commission of Canada



Language Matters

Battling stigma starts with the language we use – something that is continuously evolving. We must be aware of outdated language being used around us every day. Everyone can be an advocate with the use of accurate and respectful language.

Stigmatizing	Respectful
It drives me crazy.	It bothers/annoys/frustrates me.
This is nuts.	This is interesting/strange/funny.
This individual suffers from depression.	They live with/are experiencing depression.

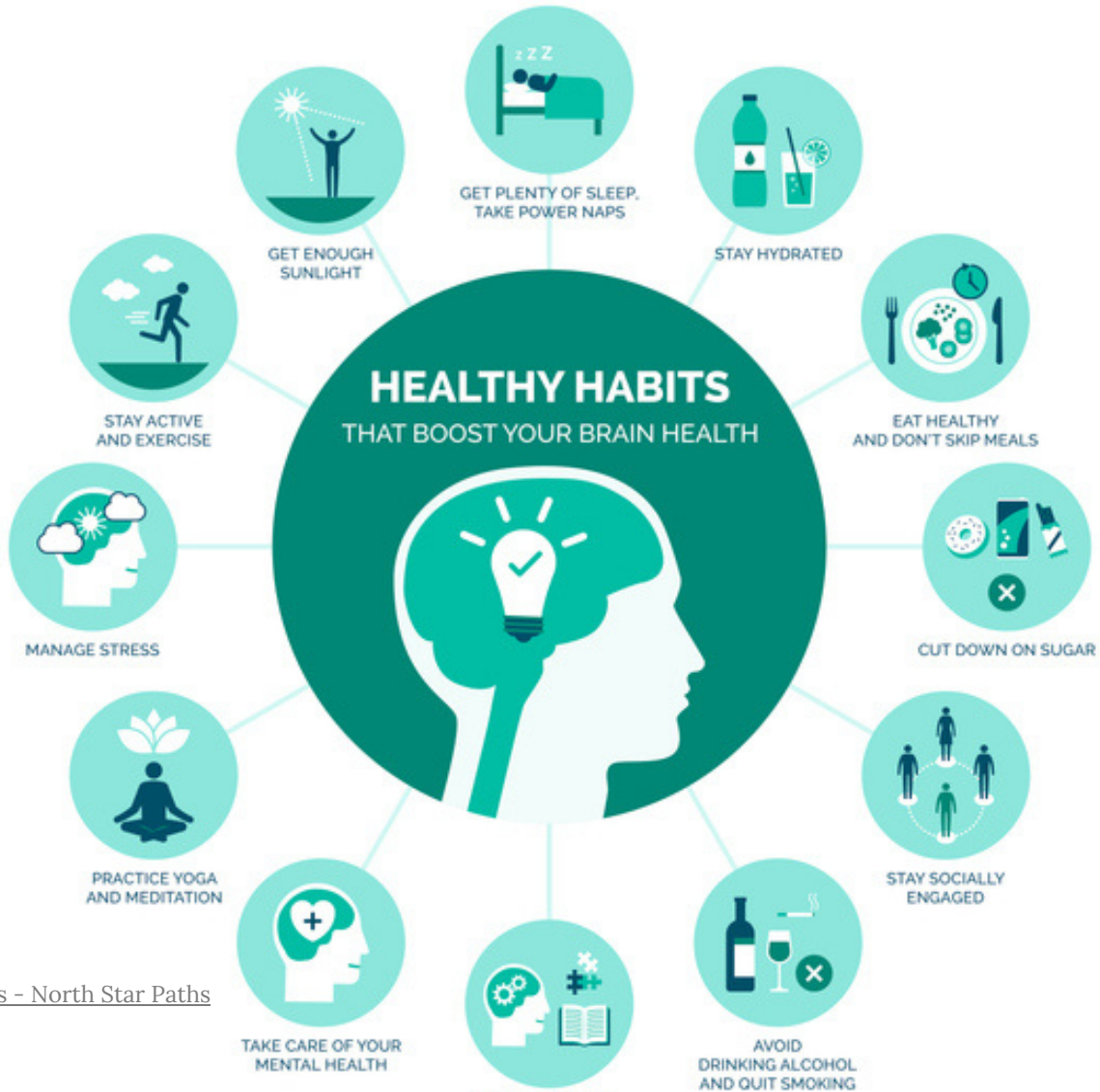
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Approach the person, assess and assist
 - "I've noticed that..." "How are you doing?" "How long have you been feeling this way?"
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Listen and communicate non-judgementally
 - "I understand" "tell me more" "it sounds like... is that right?"
- 
Give reassurance and information
 - "Given the situation, it's understandable that you're feeling this way. There are supports that have helped others. Would you like information about these supports?"
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Encourage the person to reach out to appropriate professional help
 - "What has helped in the past? Would it help to reach out to...?"
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Encourage other supports
 - "Can you think of others you could reach out to? A family member? Friend? Community member? Spiritual or faith-based supports?"
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Self-care for yourself
 - "How am I doing? What could I do for my own mental well-being?"

TAKE A DEEP
BREATH,
UNCLENCH
YOUR JAW,
RELAX YOUR
SHOULDERS

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HEALTHY HABITS AND RESOURCES



[Kristen Wiens - North Star Paths](#)

ADDITIONAL RESOURCES



[THRC Podcast - Taking Care of Your Mental Health](#)

[People Connect - Mental Health Resource Centre](#)

[Mental Health Literacy \(Teen Mental Health\)](#)

[Mind Your Mind](#)

[Not Myself Today](#)

[Reference Guide - Safer Language](#)

Check out THRC's
[Professional Learning Calendar](#)
for more resources



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