



## Mental Health First Aid Actions

ALGES, a simple and essential action plan that helps a Mental Health First Aider provide support until professional help is available.

**A**pproach the person, assess, and assist with any crisis

**L**isten and communicate non-judgmentally

**G**ive reassurance and information

**E**ncourage the person to reach out for supports

**S**elf-care for the first aider

Communication strategies for ALGES

## Mental Health First Aid for Declining Mental Health

Depression

Anxiety Problems

Psychosis

Substance Use Problems

Gambling Problems

Feeding and Eating Disorders

## Mental Health First Aid for Crisis and Emergency Situations

Suicidal Thoughts and Behaviors

Non-Suicidal Self-Injury (NSSI)

Panic Attacks

Traumatic Events

Severe Psychotic States

Severe Effects of Alcohol Use and Drug Use

Aggressive Behaviours

## Course Structure for Impact

Participants who complete all required elements will receive a certificate of completion for the course.

| Module One<br>Self-Paced                                                                                                                          | Module Two<br>Facilitator Led Virtual Session                                                                                                | Module Three<br>Facilitator Led Virtual Session                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Read Reference Guide (160pgs)<br>(4-8hrs)                                                                                                         | Live Virtual Classroom<br>(3.5hrs)                                                                                                           | Live Virtual Classroom<br>(3.5hrs)                                                                                                                          |
| <i>Introduces participants to MHFA actions and focuses on the information and strategies participants will practice during modules 2 &amp; 3.</i> | Practice applying MHFA actions to situations of declining mental well-being. Guidelines for communicating non-judgmentally and with respect. | Practice applying MHFA action to mental health or substance use crisis situations. Strategies to respond to possible challenges. Self-care for first aider. |

**Ready to register? Have additional questions?** Visit our [website](#) or [contact us](#).

**Facilitator:** Carissa Listrom

**Email:** [carissa@mhmmatters.ca](mailto:carissa@mhmmatters.ca)

**Phone:** 306-526-2958

**Website:** <https://mhmmatters.ca/>