



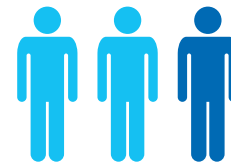
MENTAL HEALTH FIRST AID SENIORS

Supporting the mental health of Canada's aging population

Mental Health First Aid Seniors trains participants to effectively respond to an emerging mental health problem or crisis, until the situation is resolved or appropriate treatment is found.

AIMS OF THE 14 HOUR TRAINING

- ▶ Recognize the symptoms of mental health problems or crises as they develop
- ▶ Provide initial help when dealing with a mental health problem or crisis
- ▶ Guide a senior and/or caregiver toward appropriate professional help
- ▶ Provide strategies and resources to support both seniors and their caregivers



A recent study of residential facilities revealed **31%** of residents showed signs of depression.

10 seniors (60+) die by suicide every week in Canada.

Adults 65 years and over with mental health problems and illnesses can account for as many as one-quarter of emergency department visits.



"[Mental Health First Aid Seniors] was a real eye-opener for me. I learned so much. I will now have a more open view on what a substance-related disorder could be."

Course participant

Who should train in MHFA Seniors?

Service providers and informal caregivers, including:

- ▶ Spouse/partner
- ▶ Family members
- ▶ Friends and neighbours

TOPICS COVERED

- ▶ Seniors
- ▶ Mental Health First Aid
- ▶ Substance-related disorders
- ▶ Mood-related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Dementia
- ▶ Delirium
- ▶ Psychosis

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Substance overdose
- ▶ Suicidal behaviour
- ▶ Panic attack
- ▶ Acute stress reaction
- ▶ Psychotic episode
- ▶ Delirium

To learn more, register, host a course or become an instructor:

- ▶ mhfa@mentalhealthcommission.ca
- ▶ **1-866-989-3985**
- ▶ www.mhfa.ca



Mental Health First Aid Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and to improve services and support. Over 300,000 people in Canada have trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

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Mental Health Commission of Canada

Commission de la santé mentale du Canada

Mental Health First Aid Canada

