



**Canadian Mental  
Health Association**  
British Columbia  
*Mental health for all*

**Association canadienne  
pour la santé mentale**  
Colombie-Britannique  
*La santé mentale pour tous*

# Mental Health First Aid

New Horizons Conference

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# visions

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## problem gambling and video gaming

is growing up in the digital age  
hijacking our kids' brains?

a daughter's perspective  
on gambling



START

If I sprain my ankle, chances are you will know what to do.

If I have a panic attack, chances are you won't.

# Why Mental Health First Aid

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- Decrease stigma
- Increase awareness
- Increase confidence



# Why Mental Health First Aid

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Extensive evaluations show that those trained help:

- Preserve life
- Prevent the problem from worsening
- Provide comfort

# Training models

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- **Mental Health First Aid<sup>®</sup>**
  - Mental Health Commission of Canada-licensed
  - Offered by many CMHAs
  - Several versions
  - Focus is interacting with the public
  - 2 full days
  - [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

# Training models

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- **Other mental-health-first-aid training**
  - For managers and colleagues
  - For public-facing employees
  - safeTalk suicide awareness
  - Half-day options

# Training models

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Just like physical first aid...

- a few



- everybody





# Key resources

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- BC Mental Health Support Line:  
**310-6789** (no area code)
- Local mental health organization,  
such as branch of CMHA  
(**[www.cmha.bc.ca](http://www.cmha.bc.ca)**)
- Alcohol and Drug Information  
Referral Service (**1-800-663-1441**)



# Thank you!

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- Questions?

