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identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even

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developing a mental health problem or is in a mental health crisis. The developing mental health problems covered include depression, anxiety problems, psychosis, substance use problems and

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problems and caregivers, in addition to clinical and research experts from around the world.

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(MHFA), [www.mhfa.ca](http://www.mhfa.ca), 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

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treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

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Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and

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how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

~~Adults — Mental Health First Aid~~



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Mental health first aid is the help offered to a person who is developing a mental health problem or who is experiencing a mental health crisis, until appropriate professional treatment is received or until the crisis

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resolves. It follows the model that has been successful with conventional first aid.

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Having a Mental Health First Aider on site will help you to spot the early signs of a mental health problem and encourage people to speak to the Mental Health First Aider and seek help. This will help reduce the effects

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on the individual, the people around them and encourage a speedier recovery in a supportive environment.

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Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. Furthermore, MHFA won't teach you to be a

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therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

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