

MENTAL HEALTH FIRST AID TRAINING (MHFA) by Chad Diabo

MHFA is the help provided to a person in or developing a mental health crisis. It does not train people to become counselors or therapists instead it teaches you to provide some basic care to a person in need of help. Like Physical First Aid, we need to ensure that there is someone who can identify the emerging health problem and intervene when a person is having a mental health crisis.

This training specifically targets youth ages 12 to 24 years old, and focuses on early intervention. Although, the intervention model can be used on persons in crisis of any age.

The MHFA courses discuss the following:

Substance-related disorders
Mood related disorders
Anxiety disorders
Eating disorders
Deliberate self injury
Psychotic disorders

CRISIS interventions for:

Overdose
Suicide Behaviour
Panic Attack
Acute Stress Reaction
Psychotic Episode