

# What are the Concerns<sup>ft</sup> MHFA Training Addresses

## Mental Health and Substance Use problems are common.

- 1 in 5 people in Canada are living with a mental health disorder: that's 20% in any room - 20% in YOUR organization.

## Professional help is not always on hand.

- Individuals trained in MHFA will have the tools to provide immediate support until professionals can become involved.

## Members of the general public often don't know how to respond.

- Many people don't respond for fear of doing or saying the wrong thing: MHFA training gives participants the tools to respond.

## The ongoing stigma associated with mental health and substance use problems.

- Stigma creates a barrier to accessing support. Talking about it openly in your workplace decreases this barrier.

## Many people are not well-informed.

- Myths continue to be prevalent, along with the fear that those with mental health challenges are violent. Increased dialogue increases people both seeking and offering support.

# Training Outline

- 7 hour Training (in person or virtual) with a 2 hour online self-led module prior to the training
- Small class sizes with ample 1:1 support
- Participants will receive a certificate of completion, as well as learn the five core actions of ALGES:
  - Assess the risk of suicide and/or harm
  - Listen non-judgmentally
  - Give reassurance
  - Encourage professional support
  - Self-Care



To book a training, learn more, or receive pricing information:

## contact us

Will Therapy Services  
203-900 Guelph St.,  
Kitchener, ON, N2H 5Z6

info@willtherapyservices.com  
www.willtherapyservices.com/mhfa

# Mental Health First Aid

Mental Health Training



MENTAL HEALTH  
COMMISSION  
OF CANADA

Mental Health First Aid (MHFA) is a one day certificate training geared towards both Employers and Employees in all sectors. created by the Mental Health Commission of Canada. MHFA empowers all participants to feel confident to respond to mental health and substance use crises in their workplace. while creating a more "empathic, supportive and stigma-free environment" (Opening Minds).

# The Stats

More than 1 in 3 Canadians are taking time off work as a result of mental health challenges, with over a half of those off for a month or more and the average time off being 12 days per year (Future Skills Centre, 2023).

Government of Canada has claimed that 30% of all disability claims are related to mental health problems and illness, with spending reaching over 50 billion dollars per year as a result!

The **Government of Canada endorses the Mental Health First Aid (MHFA, 2024) training** as an effective and recognized tool to support mental health in the workplace (canada.ca, 2018).



## What Employers can Do

**The top contributor to mental health well-being of employees is employer support through the use of mental health initiatives (like MHFA)** to assess and address the impact of mental health in the workplace.

Research has shown the following benefits of a psychologically healthy workplace (i.e. one which promotes mental well-being): **increased engagement, productivity, morale, satisfaction, retention and recruitment; along with decreases in absenteeism, grievances, health costs, medical leave/disability and workplace injuries** (Government of Canada, 2024).

## Why Choose MHFA with us?

**MHFA Training increases Mental Health Literacy and reduces stigma. Participants learn concrete strategies and experience an increase in their own well-being** - Case studies have

shown a significant impact on MH disability rates, healthcare cost savings, and increased EAP referrals. See [openingminds.org/impact/case-studies](https://openingminds.org/impact/case-studies) for more information on case studies.

**We come to YOU!** - We're different in that we offer the training in house for the comfort and ease of you and your employees.

**We're widely trained in mental health**

Our facilitators have decades of hands-on experience working with complex mental health needs.

**We tailor the training to your needs as much as possible** - We'll have you fill

out a survey ahead of time outlining your company's specific areas of need.

