



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid for Educators

Mental Health First Aid Canada
Mental Health Commission of Canada

Presented by:
Meaghan Reid, Director, MHFA



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

Today we will discuss...



Mental Health First Aid CANADA

Myths and Facts about Mental Health Problems

MYTH Mental health problems are rare

FACT One in five people will experience a mental health problem in the course of a year

MYTH People with mental health problems never recover

FACT With the right support most people with mental health problems get better

MYTH People with depression could just “snap out of it” if they wanted to

FACT People with depression have serious symptoms which aren't in their control



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

What is a Mental Disorder?

A mental disorder causes major changes in a person's thinking, emotional state and behaviour, and disrupts the person's ability to work and carry out their usual personal relationships.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

What are Mental Health Problems?

A mental health problem is broader term that includes both mental disorders and symptoms of mental disorders which may not be severe enough to warrant a diagnosis of a mental disorder.



Mental Health First Aid CANADA

World Health Organization definition of Health:

Health is “a state of (complete) physical, mental and social well-being and not merely the absence of disease or infirmity.”



Mental Health First Aid CANADA

Mental Health in Canada

- In any given year, **one in five people** in Canada experiences a mental health problem or illness, with a cost to the economy of well in excess of **\$50 billion**.
- More than **6.7 million** Canadians are living with a mental health problem or illness today.
- Only **one in three people** who experience a mental health problem or illness — and as few as one in four children or youth — report that they have sought and received services and treatment.
- In a recent study, only **63%** of people who had been hospitalized for depression had a follow-up visit with a physician within 30 days after discharge, compared to 99% of people with heart failure.



Mental Health First Aid CANADA

Mental Health in Canada

- Of the **4,000 Canadians** who die every year as a result of suicide, most were confronting a mental health problem or illness (**90%**). (3,890 in 2009)
- Adults with severe mental health problems and illnesses die up to **25 years earlier** than adults in the general population
- The vast majority of people living with mental health problems and illnesses are **more likely to be victims** of violence than perpetrators.
- Estimates suggest that rates of serious mental health problems among federal offenders upon admission have increased by **60% to 70%** since 1997.



Mental Health First Aid CANADA

Mental Health in Canada – Impact on Youth

- Up to **70%** of young adults living with mental health problems report that the symptoms started in childhood. Evidence shows that 50% of all mental health problems begin by age 14. 75% begin by age 24.
- Children with conduct disorders are **eight times more likely** to develop ADHD as teenagers. Teens with ADHD are twice as likely as other children to develop anxiety or a substance use disorder as adults.
- First Nations youth die by suicide about **five to six times** more often than non-Aboriginal youth.
- The suicide rates for Inuit are among the highest in the world, at **11 times the national average**, and for young Inuit men the rates are **28 times higher**.



Mental Health First Aid CANADA

Mental Health and Violence

- The % of murders committed by people with mental illness has fallen over the last 50 years
- You are as likely to be struck by lightning as to be killed by a stranger who is mentally ill (odds of 1 in 10 million)
- People with severe mental illness are more likely to be the victims than perpetrators of violent crime
- People with mental illness are far more likely to harm themselves than harm others
- The public is more at risk of violence from young men under the influence of alcohol than from people who are mentally ill

Violence is NOT a symptom of mental illness



Mental Health First Aid CANADA

Mental Health in the Workplace

- **82%** of organizations rank mental health conditions in their top three causes of short term disability (72% for long-term).
- The average responding organization in a recent study reported spending more than **\$10.5 million** annually on absence claims.
- In 2011, lost productivity due to absenteeism and presenteeism (present but less than fully productive at work) due to mental health problems and illnesses was **approximately \$6 Billion**.
- If unaddressed, the impact of mental health problems on lost productivity (due to absenteeism, presenteeism and turnover) will cost Canadian businesses **\$198B over the next 30 years**.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

Mental Health in an Education Context: Discussion



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

Aims of First Aid

Preserve life

Prevent deterioration of injury or illness

Promote healing

Provide comfort to the ill or injured



Mental Health First Aid CANADA

Aims of Mental Health First Aid

Preserve life where a person may be a danger to themselves or others

Provide help to prevent the mental health problem from becoming more serious

Promote the recovery of good mental health

Provide comfort to a person experiencing a mental health problem



Why Mental Health First Aid?

- Mental health problems are common
- Professional help is not always on hand
- Members of the general public often do not know how to respond
- There is stigma associated with mental health problems
- Not everyone with a mental health problem seeks treatment
- People may lack the insight to realize that they need help or that help is available
- Many people are not well informed



Mental Health First Aid CANADA

Evidence Based Outcomes

Significantly greater recognition of the most common mental health disorders

Decreased social distance from people with mental disorders

Increased confidence in providing help to others

Demonstrated increase in help actually provided



How disabling are mental health problems?

“Disability” refers to the amount of disruption that a health problem causes to a person’s ability to work, look after themselves, and carry on their relationships.

Moderate depression is similar in disability to deafness.

Severe PTSD is comparable to paraplegia



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

Activity: Rank the Disorders

- Each table has a slips of paper with physical and mental disorders
- As a group, rank them in order from least disabling to most disabling
- Some can be equally disabling
- 7 minutes to complete the exercise



Results (from least to most disabling):

gingivitis

mild asthma

low back pain

uncomplicated diabetes

mild depression

epilepsy

mild/moderate panic disorder

anorexia

mild/moderate obsessive compulsive disorder

non-invasive breast cancer

Moderate depression

severe asthma

complete hearing loss

chronic hepatitis B infection

Severe vision loss

operable small cell lung cancer

Severe post traumatic stress disorder

paraplegia

Severe depression

brain injury with permanent impairments

Severe schizophrenia

quadriplegia

end-stage Parkinson's disease

severe dementia



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

Activity: Penny Draw



Mental Health First Aid CANADA

Activity: Penny Draw





Mental Health First Aid CANADA

There is stigma associated with mental health problems

Imagine if we treated everyone like we treat people with mental illness.

HEART DISEASE. JUST ANOTHER EXCUSE FOR LAZY PEOPLE NOT TO WORK.

IMAGINE IF WE TREATED EVERYONE LIKE WE TREAT THE MENTALLY ILL.

Shocking, isn't it? But it's true. People simply don't take mental illnesses seriously. They assume that those with mental illness are weak or somehow at fault for their suffering. But like heart disease or any other serious affliction, people with mental illness can't get better by themselves. The Canadian Psychiatric Research Foundation raises money to research mental illnesses in the hope of finding cures. Still, research into these diseases, which strike 1 in 5 Canadians, remains drastically underfunded. And that's as unsettling as the headline. We need your help. If you can, please give. Call 1-800-915-CPRF or visit www.cprf.ca



MENTAL ILLNESS IS REAL. HELP US FIND A CURE.

A LOT OF PEOPLE GET CANCER BECAUSE THEY JUST CAN'T DEAL WITH REALITY.

IMAGINE IF WE TREATED EVERYONE LIKE WE TREAT THE MENTALLY ILL.

Shocking, isn't it? But it's true. People simply don't take mental illnesses seriously. They assume that those with mental illness are weak or somehow at fault for their suffering. But like cancer or any other serious affliction, people with mental illness can't get better by themselves. The Canadian Psychiatric Research Foundation raises money to research mental illnesses in the hope of finding cures. Still, research into these diseases, which strike 1 in 5 Canadians, remains drastically underfunded. And that's as unsettling as the headline. We need your help. If you can, please give. Call 1-800-915-CPRF or visit www.cprf.ca



MENTAL ILLNESS IS REAL. HELP US FIND A CURE.



Our Mental and Emotional Well-being

The Happiness Hour

Aim: To encourage you to think about the practicalities of finding time and creating opportunities to enjoy yourself

- Imagine you have one hour totally to yourself
- What activity would you choose to do?
- How often do you have a happiness hour?
- What practical strategies can you think of to ensure you have regular time to yourself?



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

*Coming together is a beginning.
Keeping together is progress.
Working together is success.*

~ Henry Ford