

# Mental Health First Aid Basic Session

## Request for Dedicated Session Form

Mental Health First Aid (MHFA) Basic session is a two-day program developed by the Mental Health Commission of Canada (MHCC) and offered to OPS employees across the province. MHFA aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. The session teaches how to recognize the signs and symptoms of mental health problems, provide initial help, and guide an individual towards appropriate professional help.

The session discusses mental disorders such as substance related disorders, mood related disorders, anxiety and trauma related disorders, and psychotic disorders. Crisis first aid skills are learned for situations such as substance overdose, suicidal behaviour, panic attack, acute stress reaction, and psychotic episode.

A MHFA session can be brought into your workplace as a dedicated session. It will be facilitated or co-facilitated by an OPS Volunteer Instructor trained and certified by the MHCC to provide this session to OPS employees. Participant maximum is 25; minimum is 9 per session.

Requestor is responsible for the following when hosting a dedicated session:

- Cost is approximately \$840 (includes tax and shipping) for a box of 25 participant manuals (ordered by instructor(s) when session is confirmed)
- Reimbursement of any travel costs incurred by instructor(s)
- Booking of training/boardroom at host location
- Advertising and registration of session at host location
- Training materials, i.e. projector, flip charts, markers, etc.

Please complete the following and submit this form to [Kiet.Tong@ontario.ca](mailto:Kiet.Tong@ontario.ca)

Requestor Name:	
Requestor Phone Number:	
Requestor Email:	
Dates:	
Address:	
City:	
Room Name:	
Additional Comments:	