



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada 

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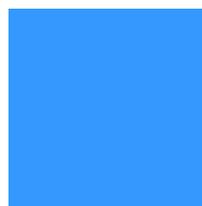
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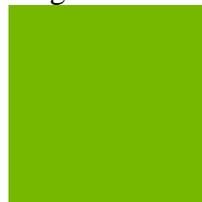
MHFA in Your Workplace

Workplace first aid includes mental health.

Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.



Recognize
a change in behaviour



Respond
with a confident conversation



Guide to appropriate resources and support

Why MHFA?

In a recent major Canadian study, **82%** of responding organizations ranked mental health conditions in their top three causes of short term disability (**72% for long-term**).

30% of all short and long term disability claims are due to mental health problems and illnesses.

The average responding organization 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**.

Outcomes of MHFA training:

- Significantly greater recognition of the most common mental health illnesses and problems
- Decreased social distance from people with mental health illnesses or problems
- Increased confidence in providing help to others
- Demonstrated increase in helpful actions

I have gained a greater awareness and understanding of Mental Health issues. I have also gained a confidence within myself as a professional to recognize, empathize and provide supports to individuals with mental health barriers.

Key benefits of a mentally healthy workplace

Employers who set a strategic direction for improving mental health are rewarded with **dramatic cost and effectiveness benefits**, enjoying significant and sustainable enhancements in:



Productivity: Happy and psychologically healthy employees work harder and more efficiently.

Cost Savings due to Disability and Absenteeism: There is a strong link between mental health, physical well-being and injury prevention

Operational Success: Mentally healthy workplaces are characterized by higher levels of employee motivation, commitment, innovation and creativity, as well as fewer errors, better decision making and improved planning.

Recruitment and Retention: Top candidates today are looking for a workplace that supports their personal and professional growth.

Conflict Reduction: Better mental health among employees means fewer grievances and complaints and a stronger corporate reputation

Operational Success: Mentally healthy workplaces are characterized by higher levels of employee motivation, commitment, innovation and creativity, as well as fewer errors, better decision making and improved planning.

For more information, please get in touch with us.

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*Please note we require 4-6 weeks to schedule group training.