



MHFA Canada Fact Sheet

Where did Mental Health First Aid come from?

The Mental Health First Aid (MHFA) training course was developed to help people provide initial support for someone who may be developing a mental health problem or is experiencing a mental health crisis. MHFA was developed and introduced by Professors Anthony Jorm and Betty Kitchener from the Centre for Mental Health Research at the Australian National University in 2001. Since 2005 the program has been sponsored by the ORYGEN Research Centre at the University of Melbourne.

The MHFA course has been thoroughly evaluated in Australia using randomized controlled trials and a qualitative study and been found to be effective at:

- Improving the course participants' knowledge of mental disorders.
- Reducing stigma.
- Increasing the amount of help provided to others.

Do other countries have mental health first aid?

The Mental Health First Aid course is quickly becoming the world wide standard for mental health first aid and has been adopted by a number of countries around the globe: Scotland, England, Wales, Hong Kong, Finland, and Singapore.

How many people have taken the MHFA Canada courses?

Over **22,000 Canadians** have attended a MHFA Canada course from a variety of backgrounds and industries including; Government and Provincial Mental Health boards, police and corrections services, social services, primary health care providers, and educators.

How many MHFA Canada instructors are there in Canada? In my province or territory?

MHFA Canada has **266** instructors in Canada with a distribution of instructors across the provinces and territories. Many provinces are experiencing a high demand for MHFA Canada courses and instructors; we are always looking for new instructors to join our team.

Province	Number of MHFA Canada Instructors
British Columbia	23
Alberta	119
Saskatchewan	25
Manitoba	50
Ontario	25
Quebec	-
Nova Scotia	8
New Brunswick	4
Newfoundland	4
PEI	-
Yukon	1
NWT	7
Nunavut	-

What other organizations have taken part in MHFA Canada courses?

MHFA Canada has taught courses to or has instructors operating in a number of organizations across Canada. While there are almost too many to mention some of MHFA Canada's success stories include:

- Manitoba Justice
- CMHA British Columbia
- Nova Scotia Department of Health
- City of Edmonton
- Queen's University
- North West Territories – Department of Justice
- Health Canada
- University of Alberta
- Health Link Alberta

What do people think of MHFA Canada courses?

I very much enjoyed the content of the course as well as the way the trainers presented the information. It was very informative and entertaining! The trainers were very open, funny and very knowledgeable of the subject. I felt all of the information was informative and presented strongly. I very much enjoyed this course and am very happy I was able to attend! Very informative and entertaining. Awesome!!

- Basic Course Participant Truro Nova Scotia, 2009

I enjoyed the class because it is innovative and the instructor is extremely knowledgeable in her field. The booklet, the skills you learn such as Algee and explains in medical detail, the various mental disorders. Overall the course will help me be better equipped when dealing with clients who have a mental disorder

- Basic Course Participant Medicine Hat Alberta, 2009

It is a way to review, compile, and fine tune my prior training knowledge and experience into a model that can help me to more effectively identify and prioritize my response to someone in need. The manual is fantastic and needs to be part of a course like this and not just independent reading literature. Trevor did a fabulous job of facilitation. I highly recommend this training for other staff members at my school. This course helped me with an approach to first aid for panic attacks that refines the one I use already and very much helped me better approach acute stress reaction, PTSD, and psychotic episode first aid. Thank you!

- Youth Course Participant Calgary Alberta, 2009