

Mental Health Commission of Canada
Commission de la santé mentale du Canada

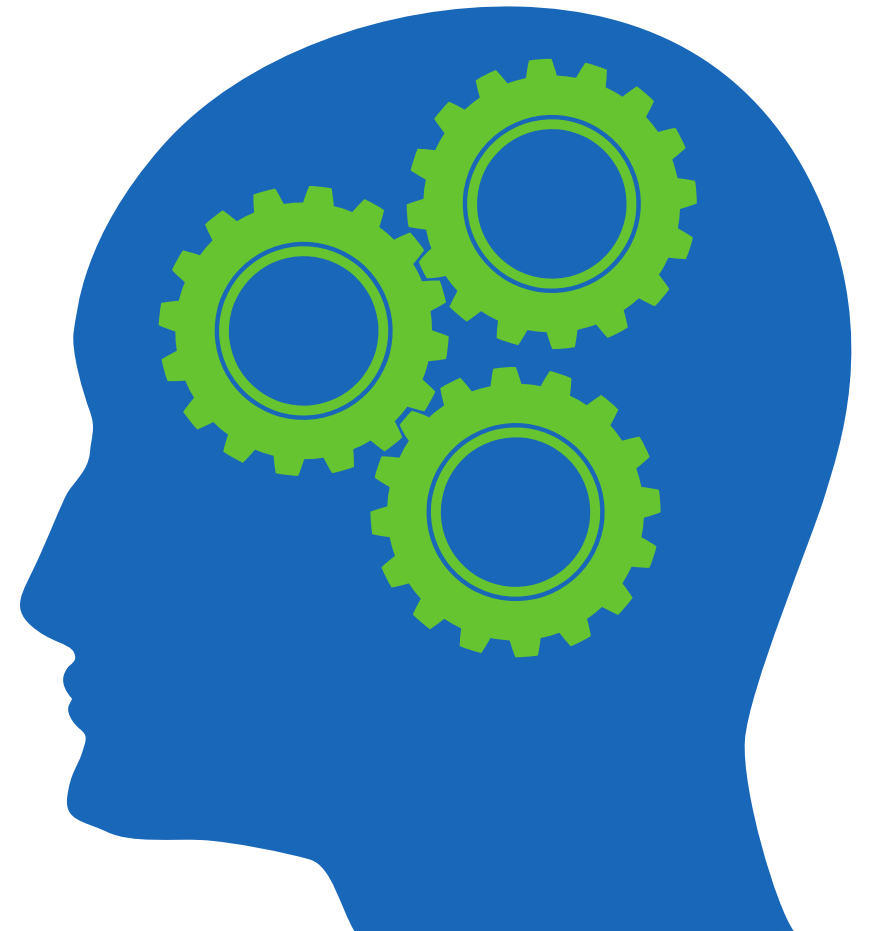
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Virtual Mental Health Training

Denise Waligora, Master Trainer, Training and Delivery Specialist MHFA

Pauline Meunier, Master Trainer, Training and Delivery Specialist TWM

Charles Boyer, Manager, Business Development, Opening Minds





Q. Why are you so passionate about our training programs?



Mental Health First Aid (MHFA) is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.



Recognize

a change in behaviour



Respond

with a confident conversation



Guide

to appropriate resources and support

- MHFA Standard
- MHFA Veteran Community
- MHFA Adults who Interact with Youth
- MHFA First Nations
- MHFA Northern Peoples
- MHFA Inuit
- MHFA Supporting Older Adults
- MHFA Police



The Working Mind

Reference Guide - Safer Language

Combating stigma related to mental illness, suicide, and substance use how we use language – something that continuously evolves. That's why all be aware of any outdated language being used in the media and in every day. Everyone can be a champion against stigma when advocating of accurate and respectful language. So, as you communicate with others, be mindful of the impact of your language.¹

Stigmatizing	Respectful
It drives me <i>crazy</i> .	It bothers/annoys/frustrates me.
This is nuts.	This is interesting/strange/peculiar/funny.
This individual <i>suffers</i> from depression.	They live with/are experiencing depression.
<i>Mentally ill</i> or <i>insane</i> person	Person living with a mental problem or illness
<i>Committed</i> suicide, <i>successful</i> suicide	Died by suicide
<i>Failed</i> or <i>unsuccessful</i> suicide attempt	Attempted suicide
Substance <i>abuse</i>	Substance use or substance disorder
Everyone who is a <i>junkie</i> ...	Everyone who uses substances...
They used to be an <i>addict</i> .	They are in recovery

¹ Note: This brochure is a living document and is subject to regular updates.

My Self-care and Resilience

My top 3 Self-care practices/strategies/resources	When will you do this? support you?
1.	
2.	
3.	

Make a commitment to your self-care routine as often as you can.



How Can I Help my Team?



"These are challenging times. Whatever you're feeling is OK."

"Here are some ways that can help keep us safe right now..."

"How else can I support you?"

Acknowledge and Listen

- ✓ Acknowledge that something happened.
- ✓ Review the facts without going into details.
- ✓ Listen and provide an opportunity for discussion.

Inform and Remind

- ✓ Help your team check-in with themselves about their mental health.
- ✓ Emphasize the importance of taking care of themselves.
- ✓ Remind them about using healthy coping strategies.
- ✓ Share available resources.

Respond and Follow-up

- ✓ Observe your team and follow-up with members in and weeks.
- ✓ Walk the talk by modeling healthy coping strategies and seeking help if needed.

When to use it?

- ✓ Following exposure to any potential stressor or workplace incident.

- ✓ Any time the stress level is high in the team after any immediate threat has passed.

To find out more



theworkingmind.ca/covid19-team



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How am I Doing?



Use this quick tool to ask yourself "How am I doing?"

It will help you notice and be able to talk about changes in yourself, a co-worker, family member or friend.

You may notice:

- physical changes
- changes in how you think, feel and act
- changes in substance use

These changes may be normal reactions to the stress due to COVID-19.

How can I use it?

- ✓ Take a minute to see where you are on the colour continuum? Do this daily.
- ✓ Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- ✓ Do a "colour" check-in at team meetings or as a conversation opener with staff.

Access the Continuum Self-Check Tool



theworkingmind.ca/continuum-self-check



Mental Health Continuum

HEALTHY	REACTING	INJURED
<p>Signs and Indicators</p> <ul style="list-style-type: none"> • Normal fluctuations in mood • Normal sleep patterns • Physically well, full of energy • Consistent performance • Socially active • No trouble/impact due to substance use 	<p>Signs and Indicators</p> <ul style="list-style-type: none"> • Nervousness, irritability, sadness • Trouble sleeping • Tired/low energy, muscle tension, headaches • Procrastination • Limited to some trouble/impact due to substance use 	<p>Signs and Indicators</p> <ul style="list-style-type: none"> • Anxiety, anger, pervasive sadness, hopelessness • Restless or disturbed sleep • Fatigue, aches and pains • Decreased performance, presenteeism • Social avoidance or withdrawal • Increased trouble/impact due to substance use
<p>Actions to Take at Each Stage of the Continuum</p> <ul style="list-style-type: none"> • Focus on task at hand • Break problems into manageable chunks • Identify and nurture support systems • Maintain healthy lifestyle 	<p>Actions to Take at Each Stage of the Continuum</p> <ul style="list-style-type: none"> • Recognize limits • Get adequate rest, food, and exercise • Engage in healthy coping strategies • Identify and minimize stressors 	<p>Actions to Take at Each Stage of the Continuum</p> <ul style="list-style-type: none"> • Seek consultation as needed • Follow health care provider recommendations • Regain physical and mental health


THE WORKING MIND™
Workplace Mental Health and Wellness

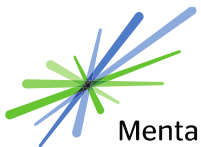


The Mental Health Continuum:

Changes in Behaviour & Performance

Healthy	Reacting	Injured	Ill
<ul style="list-style-type: none">• Physically/socially active• Present• Performing well	<ul style="list-style-type: none">• Decreased activity/socializing• Procrastination• Occasional performance issues	<ul style="list-style-type: none">• Avoidance• Tardiness• Declining performance	<ul style="list-style-type: none">• Withdrawal• Absenteeism• Can't perform duties/tasks





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Q. What should people know about
virtual training versus in-person
training.



S
Sounds like
→

A
How am I doing?
What has changed?
How long have I been feeling this way?

L
Am I “listening” to the signs? Am I ignoring or minimizing symptoms?
What about self-stigma?

G
Early intervention is ideal!
Do I realize that it’s okay to feel this way? Am I aware of the impacts on my life? Do I realize that supports have helped others feel better? Do I know about these supports?

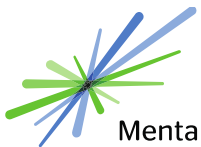
E
Can I think of others I could reach out to? A family member? Friend or community member? Spiritual or faith-based supports? What can I do for myself?

E
Explore professional supports... What has helped in the past? Would it help to reach out to...?”





Q. Should I sign up for The Working Mind or
Mental Health First Aid?



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Q. How have workplaces implemented
this type of training?





Q. 500,000+ people trained in MHFA. 200,000+ people trained in TWM. What are your expectations of people once they've completed our training?

Keep in Touch!



Denise Waligora

dwaligora@mentalhealthcommission.ca



Pauline Meunier

pmeunier@mentalhealthcommission.ca



Charles Boyer

cboyer@mentalhealthcommission.ca

Mental Health First Aid Virtual Training

<https://www.mhfa.ca/en/course-type/mhfa-standard-virtual>

The Working Mind Virtual Training

<https://theworkingmind.ca/working-mind-virtual>