

Mental Health First Aid



Jason Greidanus

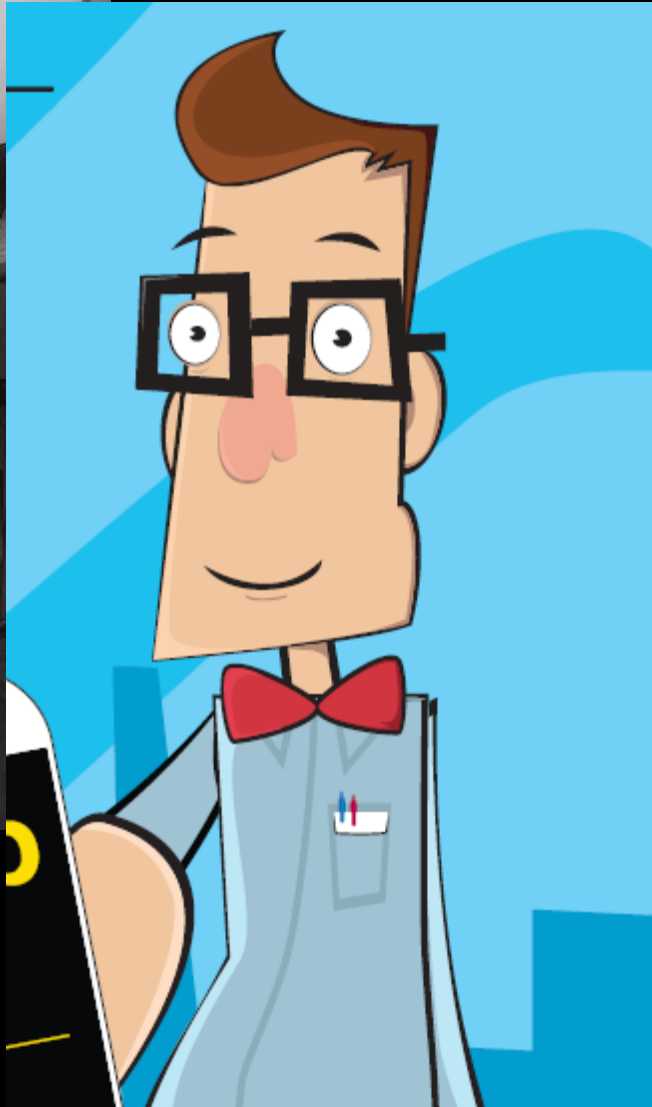
Assistant Chief – Emergency Management

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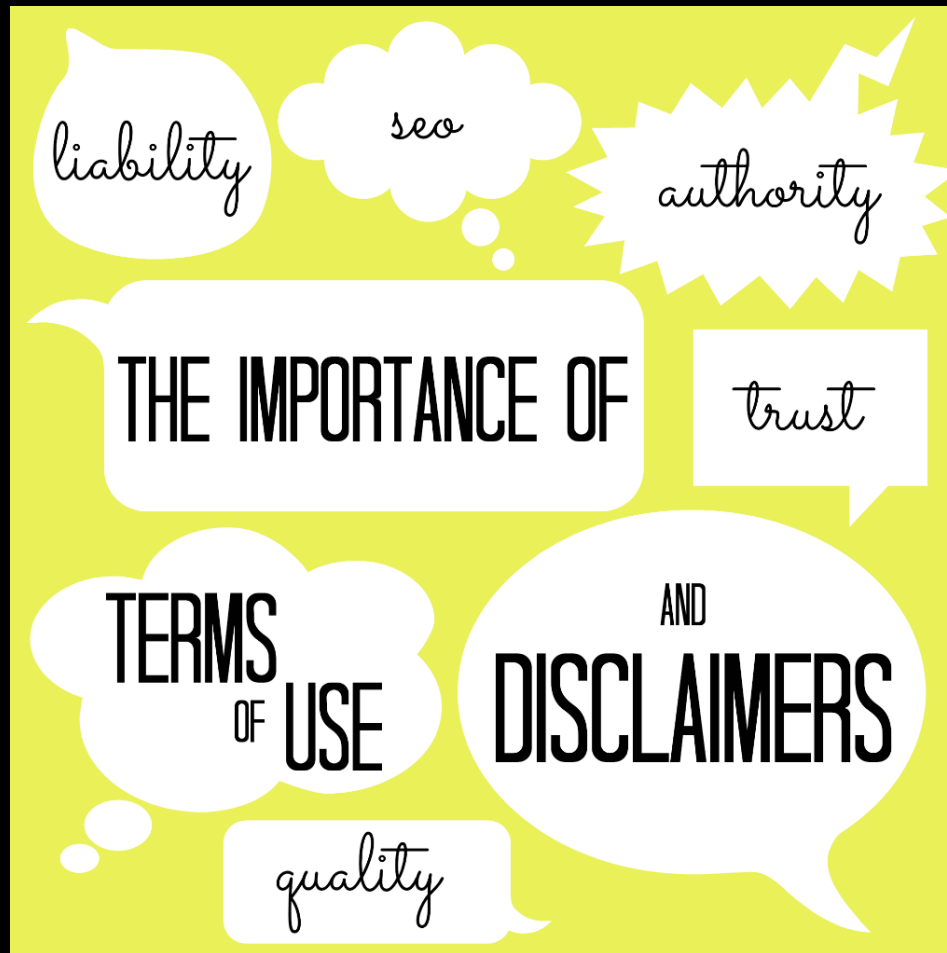
what we'll cover

- Introduction and disclaimer
- Some definitions and concepts
- Signs and symptoms
- Reducing the stigma
- Ways to deal with the mental health impacts
- Getting help

who am I?



who I'm not!



what are we talking about?



the injury spectrum

ready (green zone)	reacting (yellow zone)	injured (orange zone)	ill (red zone)
definition <ul style="list-style-type: none"> — adaptive coping and mastery — optimal functioning — wellness features <ul style="list-style-type: none"> — well trained and prepared — fit and focused — in control — optimally effective — behaving ethically — having fun 	definition <ul style="list-style-type: none"> — mild and transient distress or loss of optimal functioning — always goes away — low risk for illness features <ul style="list-style-type: none"> — irritable, angry — anxious or depressed — physically too pumped up or tired — loss of complete self control — poor focus — poor sleep — not having fun 	definition <ul style="list-style-type: none"> — more severe and persistent distress or loss of function — leaves a 'scar' — higher risk for illness causes <ul style="list-style-type: none"> — life threat — loss — inner conflict — wear and tear features <ul style="list-style-type: none"> — panic or rage — loss of control of body or mind — cannot sleep — recurrent nightmares or bad memories — persistent shame, guilt, or blame — loss of moral values and beliefs 	definition <ul style="list-style-type: none"> — persistent and disabling distress or loss of function — clinical mental disorders — unhealed stress injuries types <ul style="list-style-type: none"> — PTSD — depression — anxiety — substance abuse features <ul style="list-style-type: none"> — symptoms and disability persist over many weeks — symptoms and disability get worse over time
unit leader responsibility	individual, peer, family responsibility		carer responsibility

how are you suffering?

- Continually reliving the trauma event
- Avoidance, conscious or involuntary, of any reminder of the trauma
- Hyper-arousal in the absence of risk
- Lasting several weeks to several years
- Depression, anxiety, loss of interest, health problems, substance abuse, interpersonal behaviour, changes in intimacy

help is all around you!



reducing stigma

**WOUNDED
PEER SUPPORT**



Caroline is CEO of Suicide or Survive and a mother of two.

**CAROLINE SURVIVED SUICIDE.
THE GOSSIP LEFT DEEPER SCARS.**

Mental health problems don't discriminate, people do.

CHALLENGE PREJUDICE AND END DISCRIMINATION - JOIN AMNESTY INTERNATIONAL TODAY.

www.amnesty.ie



**AMNESTY
INTERNATIONAL** 

how we talk?

value yourself

mind your body

give of yourself

calm your mind

the right people

make a plan

take a break

break addictions

know when to get help

help is all around you!



where to go from here?

- Canadian Mental Health Association
 - edmonton.cmha.ca
- Alberta Health Services (Addiction & Mental Health)
 - www.albertahealthservices.ca/amh/amh.aspx
- Canadian Psychological Association
 - <http://www.cpa.ca/aboutcpa/cpasections/>
- PTSD Association of Canada
 - <http://www.ptsdassociation.com/coping-strategies-1/>
- Your family doctor
- The Employee Assistance Program with your company
- Someone you know and trust
- 211 in Edmonton region
- 911

mental illness is nothing to be
ashamed of, but stigma and bias
shame us all

references

- Canadian Mental Health Association
 - edmonton.cmha.ca
- Alberta Health Services (Addiction & Mental Health)
 - www.albertahealthservices.ca/amh/amh.aspx
- Canadian Psychological Association
 - <http://www.cpa.ca/aboutcpa/cpasections/>
- University of Michigan Health Services
 - <https://www.uhs.umich.edu/tenthings>
- Wounded Warrior – 22 Pushup Challenge – July/August 2016