

Mental Health First Aid Standard – Handout



Scenarios: Module 2

Scenario 1: Signs of a substance use problem

Friend: Maté

Pronoun: He/Him/His

- Maté is a recent widower and a member of the Hungarian community
- He uses a wheelchair
- He has been a social drinker throughout his life, but since his wife died, he drinks a lot more
- His English is not as strong as his wife's was, which makes things difficult for him
- He says he doesn't care about his drinking because he'll be dead soon anyway

Scenario 2: Signs of depression

A new acquaintance: Ghedi

Pronoun: He/Him/His

When you meet Ghedi, you learn he:

- Arrived in Canada with his family as a refugee a year ago
- Is struggling to make social contacts
- Is sleeping very poorly
- Has been overeating almost every day
- Appears to be sad
- Says that he is lucky to be safe in Canada and that he has no right to be unhappy

Scenario 3: Signs of anxiety

Friend: Michel

Pronoun: They/Them/Their

- Michel is good friend who reports that their biggest problem is worrying. They worry all of the time and about everything.
- For example, they report equal worry about their partner who is sick with the flu and whether they returned a rake that they borrowed from a neighbour.
- They recognize that their partner is more important than a rake, and bothered that both cause them similar levels of worry. Michel is unable to control their worrying.
- Accompanying this excessive and uncontrollable worry are:
 - difficulty failing asleep,
 - impatience with others,
 - significant back and muscle tension.



Module 2 Activity: Ask. Don't assume or tell.

In teams of 3, identify:

Person A: Person seeking help

Person B: Helper

Person C: Observer

Person A: You've asked for Person B's help (choose one):

- What to do for fun on a day off
- What kind of car to buy
- Where to go on vacation

Person B: Use questions to engage the person in a discussion

Person C: Observe and take note of what Person B does that helps

Module 3 Activity: Prepare for possible challenges

With your group, discuss strategies for responding to three possible challenges that you may encounter when providing MHFA:

1. Person is reluctant to talk to you
 2. Person is reluctant to seek help
 3. Person is fearful and/or frustrated and reacts with aggressive behaviour
- Note the strategies
 - Identify a spokesperson

Notes:



Scenarios: Module 3

Scenario 4: Suicidal thoughts and behaviours

Friend: Diane

Pronoun: She/Her/Hers

- She cries more often than usual
- She gets out of bed late in the day
- She has lost a lot of weight
- She has lost interest in her appearance
- She tells you she cannot cope any more
- When you ask about suicide she responds, “Yes, I no longer want to live. There is no point.”
- She says that she has been collecting prescription drugs and in the next couple of days she will take them

Scenario 5: Panic attack

Colleague: Ahmad

Pronoun: He/Him/His

- He describes a feeling of being overwhelmed and anxious, and his heart pounding
- He seems agitated and unable to sit down or calm down
- He says he feels very frightened but does not understand why
- He says something bad is going to happen, but he does not know what
- His work situation has been more stressful lately

Scenario 6: Reaction to a traumatic event

Friend: Crystal

Pronoun: They/Them/Their

- Three weeks ago, Crystal witnessed their girlfriend being assaulted with a knife
- Crystal reports that they are okay but that they have been irritable lately and getting into arguments with people around them
- They are embarrassed because they are crying unexpectedly
- They begin to cry while speaking with you

Scenario 7: Severe effects from alcohol use

Neighbour: Thomas

Pronoun: He/Him/His

When you drop by to visit your neighbour, Thomas, you notice he has:

- Slurred speech
- Trouble moving
- Irregular, shallow or slow breathing
- Irregular, weak or slow pulse rate
- Cold, clammy skin

Module 3 Activity: Practising self-care

- Imagine you have one hour totally to yourself.
 - What activity would you choose to do?
 - How often do you have an hour to do something you enjoy?
 - What can you do to ensure you have regular time to do something you enjoy?
- Discuss each question with your group.
- Prepare to share your responses.

Notes:



ALGES Worksheet: Scenario 1

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





ALGES Worksheet: Scenario 2

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





ALGES Worksheet: Scenario 3

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





ALGES Worksheet: Scenario 4

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





ALGES Worksheet: Scenario 5

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





ALGES Worksheet: Scenario 6

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





ALGES Worksheet: Scenario 7

<p>Approach the person, assess and assist with any crisis</p>	
<p>Listen and communicate non-judgmentally</p>	
<p>Give reassurance and information</p>	
<p>Encourage the person to reach out to supports</p>	
<p>Self-care for the first aider</p>	





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Mental Health First Aid Canada 

The logo for Mental Health First Aid Canada, which consists of two hands, one green and one blue, cupping a white cross.



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