



Mental Health First Aid Actions

ALGES, a simple and essential action plan that helps a Mental Health First Aider provide support until professional help is available.

Approach the person, assess, and assist with any crisis

Listen and communicate non-judgmentally

Give reassurance and information

Encourage the person to reach out for supports

Self-care for the first aider

Communication strategies for ALGES

Mental Health First Aid for Declining Mental Health

Depression

Anxiety Problems

Psychosis

Substance Use Problems

Gambling Problems

Feeding and Eating Disorders

Mental Health First Aid for Crisis and Emergency Situations

Suicidal Thoughts and Behaviors

Non-Suicidal Self-Injury (NSSI)

Panic Attacks

Traumatic Events

Severe Psychotic States

Severe Effects of Alcohol Use and Drug Use

Aggressive Behaviours

Course Structure for Impact

Participants who complete all required elements will receive a certificate of completion for the course.

Module One	Module Two	Module Three
Self-Paced	Facilitator Led Virtual Session	Facilitator Led Virtual Session
Read Reference Guide (160pgs) (4-8hrs)	Live Virtual Classroom (3.5hrs)	Live Virtual Classroom (3.5hrs)
<i>Introduces participants to MHFA actions and focuses on the information and strategies participants will practice during modules 2 & 3.</i>	Practice applying MHFA actions to situations of declining mental well-being. Guidelines for communicating non-judgmentally and with respect.	Practice applying MHFA action to mental health or substance use crisis situations. Strategies to respond to possible challenges. Self-care for first aider.

Ready to register? Have additional questions? Visit our [website](#) or [contact us](#).

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