

Mental Health First Aid Standard (Virtual) – Handout



Scenarios: Module 2

Scenario 1: Signs of a Substance Use Problem

When you meet Maté, you learn:

- 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

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

- Jennifer is a good friend of yours
- She was in a car accident six weeks ago
- She was not at fault, but she blames herself
- She says to you that she:
 - Hasn't been able to drive a car since the accident
 - Doesn't even feel comfortable travelling in a car
 - Is irritable
 - Jumps at the slightest sound
 - Has been arguing with her partner
 - Is not sleeping well
 - Drinks a little to help her fall asleep





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





Scenarios: Module 3

Scenario 4: Suicidal Thoughts and Behaviours

- Diane is a friend
- 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

- Ahmad is a colleague
- 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 a Traumatic Event

- Crystal is a friend that uses the “they” pronoun
- 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

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





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





ALGEES 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 appropriate professional help</p>	
<p>Encourage other supports</p>	
<p>Self-care for the first aider</p>	





Module 3 Activity: Two Commitments to Practice

	Commitment 1	Commitment 2
What will I commit to doing?		
Why is this important to me?		
When will I start?		
Who/What resources could help me?		

“Knowledge is of no value
unless you put it into practice.”

Anton Chekhov

