



# Mental Health Safety Inc.

*..mental wellness at work..*

## Did you know:

Mental Illness is the #1 cause of disability in the Canadian workplace?

\$51 billion is lost in productivity each year due to mental illness?

One in four Canadians will experience a mental health problem every year?

The stigma associated with mental health hinders employees from seeking help?

**Mental illness in the workplace is an issue that can no longer be ignored.**

## Mental Health First Aid training can help!

### Mental Health First Aid (MHFA) is

- The initial help provided to a person developing a mental health problem or experiencing a mental health crisis.
- An evidence based, 2-day training program
- For staff and managers, as they are best placed to be the first to recognize the signs and symptoms of mental health issues.

### MHFA trained employees will be equipped to

- Recognize and understand the symptoms of mental health problems.
- Provide help to prevent mental health problems from developing into a more serious state.
- Increase productivity and reduce absenteeism and overall pressure on cost of benefits.
- Reduce the stigma around mental illness.

Program includes a handbook, a MHFA Certificate and registration as a Mental Health First Aid responder with the Mental Health Commission of Canada.

More information can be found at [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)



**Mental Health Safety Inc.** is an incorporated company specialized in training and consulting on mental illness.

Our mission is to promote a mental health safety perspective within the Occupational, Health & Safety field.

### INSTRUCTOR

With over 30 years of providing mental health support, education and advocacy, **Zalika Adamson** brings a wealth of knowledge, insight and passion to her teaching of MHFA Canada. She is a Registered Social Worker and is a certified Instructor for MHFA Canada by the Mental Health Commission of Canada.



**Mental Health  
First Aid CANADA**

**Next steps:** Book a program by calling Zalika at 403-208-3755 or e-mail [zalika@mentalhealthsafety.com](mailto:zalika@mentalhealthsafety.com)