

## Recognizing Signs of Mental Health Issues in Agriculture

**June 1 and 2, 2015**

Day One - 8:30 a.m. to 4:30 p.m.

Day Two - 9:00 a.m. to 4:30 p.m.

OMAFRA Office  
6484 Wellington Road 7  
Elora, Ontario

8:30 a.m. – Registration, coffee and refreshments

9:00 a.m. – Course begins

10:15 a.m. approximately – Refreshment break

12:00 noon – Lunch provided

2:30 p.m. approximately – refreshment break

### Mental Health First Aid Basic Course Outline

Mental Health First Aid Basic is a 12-hour course that discusses the following mental disorders:

- Substance use disorders
- Mood disorders
- Anxiety disorders
- Psychotic disorders

Crisis first aid skills for the following situations are learned:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode

#### **Session One: Mental Health and Mental Health Problems**

- What is Mental Health First Aid?
- Common mental health problems
- Five basic actions of mental health first aid
- Stigma and discrimination?
- What is a **substance-related disorder**?
- Signs and symptoms
- Risk factors
- MHFA for substance-related problems
- Crisis first aid for overdose
- Treatment and resources

#### **Session Two: Mood Disorders**

- What is a **mood disorder**?
- Types of mood disorders

- Signs and symptoms
- Risk factors
- Substance use and mood disorders
- Suicide in Canada
- MHFA for mood problems
- Crisis first aid for suicidal behaviour
- Treatment and resources

#### **Session Three: Anxiety Disorders**

- What is an **anxiety disorder**?
- Types of mood disorders
- Signs and symptoms
- Risk factors
- Substance use and anxiety disorders
- MHFA for anxiety problems
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reactions
- Treatment and resources

#### **Session Four: Psychotic Disorders**

- What is a **psychotic disorder**?
- Types of psychotic disorders
- Signs and symptoms
- Risk factors
- Substance use and psychotic disorders
- MHFA for anxiety problems
- Crisis first aid for psychotic episodes
- Crisis first aid for acute stress reactions

*Registration is limited so please complete and submit registration no later than **Monday,***

**May 25, 2015**



Canadian Mental Health Association  
Mental health for all

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The importance of identifying and supporting mental health needs in agriculture is increasingly being recognized particularly in relation to a disease outbreak, euthanasia or other stressful situations. Being able to identify the warning signs in a farmer client, veterinarian colleague, or yourself, is very important in order to get the help needed. Join us for this two-day course that will help identify risk factors, signs and symptoms for mental health conditions and issues using examples specifically related to agriculture.

Participants will receive a certificate of completion in Mental Health First Aid from the Canadian Mental Health Association.

**Registration includes:** course material, coffee breaks, and lunch for both days.

**Who should attend?** Veterinarians, agricultural association employees at the office and field level, extension services staff, and anyone involved in providing agricultural services.

**Cost:** \$200 + \$26 (HST) = **\$226/person.**

Cheques to be made payable to the *Ontario Livestock and Poultry Council*. We are not able to accept credit card payment.

Please complete the registration form below and send to:

Ontario Livestock and Poultry Council  
39 William Street, Elmira Ontario, N3B 1P3  
Fax: 519-669-3826 Email: [sarah.tfo@bell.net](mailto:sarah.tfo@bell.net)  
Phone: 519-669-3350

*Note: A maximum of 22 participants will be taken for this two-day mental health course.*

**Name:** \_\_\_\_\_

**Company/Association:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Dietary Restrictions/Allergies:** \_\_\_\_\_

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