

S U I C I D E P R E V E N T I O N

P R O M O T I N G

P H Y S I C A L

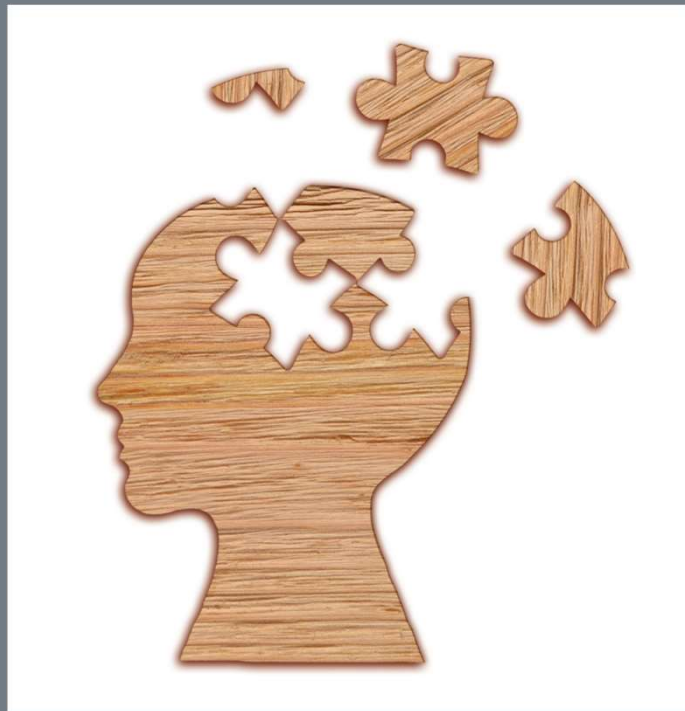
M E N T A L

S O C I A L

W E L L - B E I N G



WHAT IS MENTAL HEALTH?



Mental Health is "the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity."

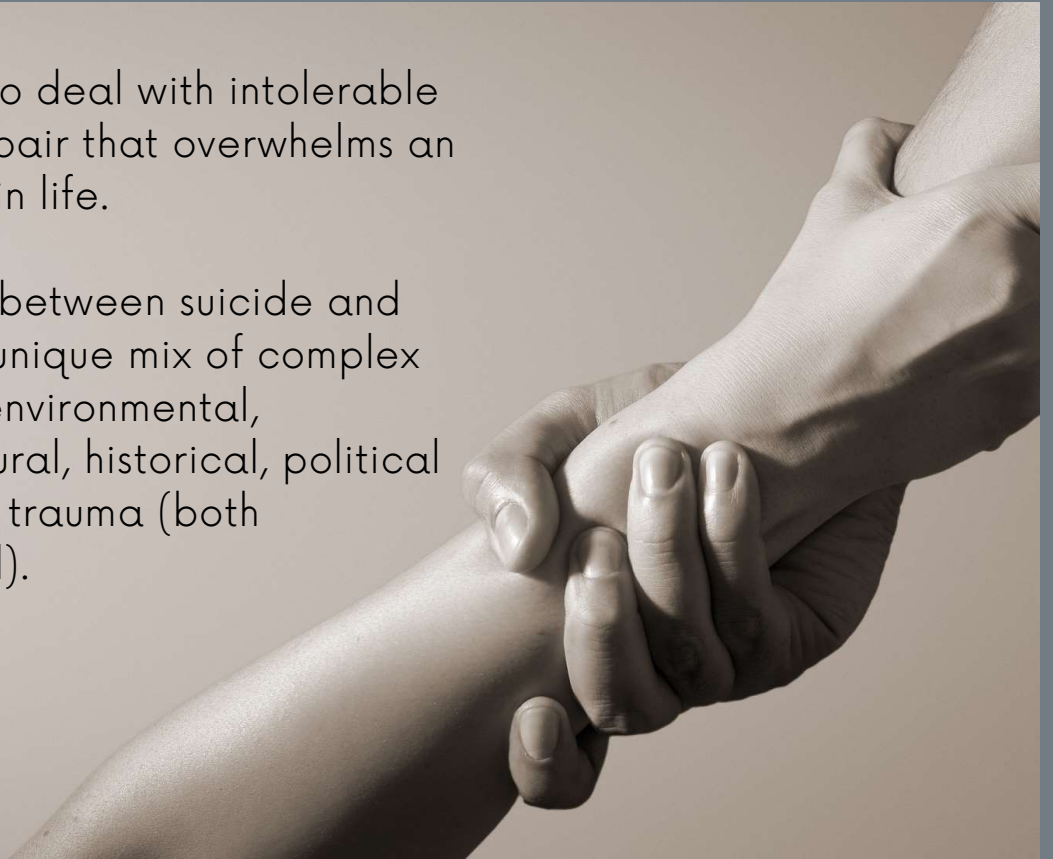
Public Health Agency of Canada

Health is "a state of (complete) physical, mental and social well-being and not merely the absence of disease or infirmity."

World Health Organization

WHY DO PEOPLE CHOOSE TO DIE BY SUICIDE?

- Suicide is the result of actions taken to deal with intolerable mental anguish and pain, fear or despair that overwhelms an individual's value for living and hope in life.
- While there is a well-established link between suicide and depression, each suicide occurs in a unique mix of complex interconnected factors – individual, environmental, biological, psychological, social, cultural, historical, political and spiritual, including psychological trauma (both developmental and intergenerational).



WARNING SIGNS OF SUICIDE

"IS PATH WARM"

I Ideation (Suicidal Thoughts)
S Substance abuse

P Purposelessness

A Anxiety

T Trapped

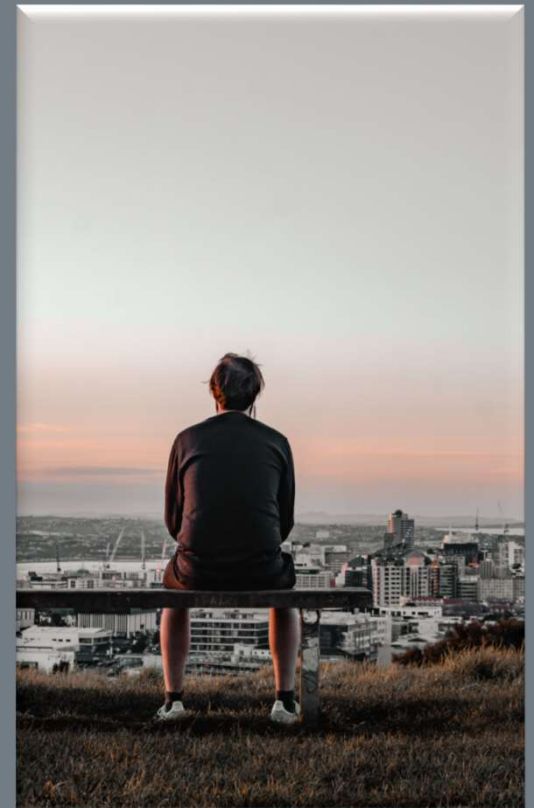
H Hopelessness/Helplessness

W Withdrawal

A Anger

R Recklessness

M Mood changes



What are the benefits of having a trained employee with MHFA at a veterinary clinic?

- Recognizes early signs of psychological risks within the veterinary environment
- Recognizes potential triggers
- Starts the conversation
- Reduces stigma associated with asking for help
- Keeps a person safe from harm where he/she may be a danger to herself/himself or others



What are the benefits of having a trained employee with MHFA at a veterinary clinic?

- Guides a person to seek help to prevent the mental health problem from becoming more serious
- Aids mental health recovery
- Promotes a self-care plan
- Creates a positive culture
- Builds resilience in the workplace



A STORY OF HOW LISTENING CAN HELP!



HOW TO TALK TO A CO-WORKER IF YOU THINK THEY MAY BE SUICIDAL

- Approaching, listening and showing concern
- Talking with them and reassuring them that they're not alone
- Letting them know you care
- Connecting them with a:
 - crisis line
 - counsellor
 - trusted person (neighbour, friend, family member or elder)

AVAILABLE RESOURCES IN THE COMMUNITY TO HELP SUPPORT PEOPLE IN DISTRESS

- If you or someone you know is thinking about suicide, call Talk Suicide Canada at 1-833-456-4566 (24/7) or text 45645 (4 PM - 12 AM ET).
- For residents of Québec, call 1 866 APPELLE (1-866-277-3553) (24/7) or visit suicide.ca.

WHAT WORK COULD WE DO IN BRINGING MHFA TO THE VETERINARY COMMUNITY?

- Set up a workplace wellbeing program
 - https://www.ccohs.ca/products/courses/assembling_pieces/
 - ◻ Identify the underlying causes of burnout
 - ◻ Participate in wellbeing events, trainings, and CE opportunities
 - ◻ Create a self-care plan to pinpoint areas to incorporate health and wellbeing improvements
 - ◻ Have regular staff meetings to discuss stressful and traumatic situations and identify solutions

LET'S MAKE MENTAL HEALTH FIRST AID AS
COMMON AS CPR!

QUESTIONS/COMMENTS



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