



Road to Mental Readiness (R2MR)

An education-based program designed to address and promote mental health and reduce the stigma of mental illness in a first-responder setting.

OBJECTIVES

- ▶ Use the mental health continuum to recognize changes in your mental health and that of others
- ▶ Be prepared to use skills to improve coping and resiliency
- ▶ Reduce both public and self-stigma
- ▶ Be willing to be a part of a supportive workplace

PROGRAM BENEFITS

First responders who take the **R2MR** training have shown:

- ▶ an **increase** in resiliency skills
- ▶ a **decrease** in stigmatizing attitudes
- ▶ an **increase** in mental health wellbeing

CENTRAL COMPONENTS

- ▶ **The Mental Health Continuum Model** categorizes one's mental health along a continuum:



- ▶ **“Big 4”** - a set of cognitive behavioural therapy-based techniques that help individuals cope with stress and improve their mental health and resiliency
- ▶ **Scenario-based practical applications and custom videos** of people with lived experience of mental illness
- ▶ **Dispelling the myths** of mental health problems and illnesses, to reduce associated stigma

COURSE FORMAT

PRIMARY (4HRS)

- ▶ A focus on dispelling the myths of mental health problems
- ▶ Self-awareness of one's own mental health
- ▶ Strategies one can apply at each point along the continuum

LEADERSHIP (8HRS)

- ▶ Everything covered in the primary course
- ▶ Workplace accommodations and return to work
- ▶ How to observe changes in employees along the continuum
- ▶ Tips on communication with employees about mental health

BECOMING A TRAINER (5 DAYS)

The 5-day train-the-trainer course equips people with the tools and skills to present both the **Primary** and **Leadership** formats of R2MR.

To learn more, register for a course or become an instructor:

R2MR@mentalhealthcommission.ca
1.866.989.3764
theworkingmind.ca

“I can now recognize the signs of mental health difficulties in myself and my family, and have tools to understand mental health in the workplace - what I should practice for myself and how I can support others.”

Course Participant