



BRAD

INFORMATION FOR THE MENTAL HEALTH FIRST AIDER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Brad, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do. You can use your manual to help you remember the ALGEE Action Plan.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

Brad is your cousin. Lately he has been posting some statuses on social media that indicate he is having a tough time. You decide to invite yourself over to his house for a coffee to see how he has been going. As usual, Brad's house is very clean and organized.

Brad has always been very preoccupied with staying healthy. He eats a very restricted diet and exercises every day. Lately he tells you he has been having some strange physical symptoms that have him very worried. He has been to several specialists and had a number of tests. None of the medical professionals can find anything wrong. When they suggest the symptoms might be related to anxiety, Brad becomes very angry and insists that his symptoms are real, not just something in his head!

INFORMATION FOR BRAD

Instructions:

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2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

You are a young man named Brad. Your grandfather died at an early age and you have always been concerned with staying healthy. You eat a strict organic diet and exercise for several hours every day to keep your body in top condition. Sometimes your focus on staying healthy means you miss out on things, like going to restaurants with your friends. Your last relationship ended because your ex-partner said you were impossible to live with because of the strict rules you have for eating and exercising. Since the breakdown of your relationship, you have been feeling pretty miserable.

You have always had a nagging feeling that something is not right with your health, but lately you have noticed physical sensations that you have never experienced before. Out of nowhere your heart feels like it is beating out of control. You start to sweat and shake and your mind races. These moments are terrifying but they never last very long. You have talked to a number of doctors and done a variety of medical tests. The doctors can't find anything wrong with you. The specialist has suggested you might be experiencing panic attacks. You are furious when the specialist suggests this is all in your head and storm out of the office. You're not going crazy! You know there is something really wrong with you.

INFORMATION FOR THE OBSERVER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Brad, and the role of the observer.
2. Read over the below scenario carefully.
3. During the roleplay, if you start to feel distressed and need to take a break, please do so.

Scenario:

Brad is a young man who experiences a lot of worry about his health. His grandfather died when he was young, and he has since had the sense that something is not right within his own body. He eats a very restrictive diet and exercises for several hours a day to try and stay healthy. He often misses out on things like dinner with friends because of the rules he has about what he can't eat. Brad's relationship has recently ended because his ex-partner can no longer manage his strict rules around eating and exercise. Brad has recently started having some strange physical symptoms that have him very worried. He has been to several specialists and had a number of tests. None of the medical professionals can find anything wrong. When they suggest the symptoms might be related to anxiety, Brad becomes very angry and insists that his symptoms are real, not just something in his head!

Role of the observer:

- As the observer, you have an important role. You need to do the following:
- Take a note of the things the MHFAider did that worked well.
- Take a note of the things the MHFAider could do differently to make it a better experience next time.
- Help the MHFAider if they get stuck and are not sure what to say or do next. You can use your manual to help you with this.
- Watch out for any signs the MHFAider or the person taking on the role of Brad is becoming distressed. If they are, you should pause the roleplay.

IMANI

INFORMATION FOR THE MENTAL HEALTH FIRST AIDER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Imani, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do. You can use your manual to help you remember the ALGEE Action Plan.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

Imani is your boss. You have worked together for a number of years and always got along well. Imani is a perfectionist and works really hard to get things right. Lately you have noticed some concerning changes in Imani.

Imani seems exhausted and overwhelmed. She seems to have difficulty concentrating and props herself up on coffee. She insists on checking everyone's work herself to make sure it is perfect. As such, nothing is getting done and the team are starting to complain.

Last week you found her crying in the bathroom stall. When you asked her what was wrong, she admitted she was under a lot of pressure and hasn't been sleeping well, but just needed to work harder.

You decide to invite Imani out for coffee to talk about what has been happening for her.

INFORMATION FOR IMANI

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Imani, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

You are a mid-level executive named Imani. You have taken on a big new project and are feeling really stressed out. You have a lot of new responsibilities and unfortunately, your manager is not being very supportive.

You lay awake at night as worried thoughts rush around your head. You have started to dread coming to work and there have been a few days where you have called in sick because you felt like you just couldn't get out of bed.

You have started to take some of your daughters ADHD medication to try to counteract your poor concentration and wandering mind.

One of the staff that you supervise has invited you out for coffee.

INFORMATION FOR THE OBSERVER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Imani, and the role of the observer.
2. Read over the below scenario carefully.
3. During the roleplay, if you start to feel distressed and need to take a break, please do so.

Scenario:

Imani is a mid-level executive. She is feeling very overwhelmed and stressed after having taken on a new project at work. She finds it difficult to sleep because of her worried thoughts. She finds it difficult to concentrate and focus on her work. She has started taking her child's ADHD medication to counteract her exhaustion and difficulty with focus.

Role of the observer:

- As the observer, you have an important role. You need to do the following:
- Take a note of the things the MHFAider did that worked well.
- Take a note of the things the MHFAider could do differently to make it a better experience next time.
- Help the MHFAider if they get stuck and are not sure what to say or do next. You can use your manual to help you with this.
- Watch out for any signs the MHFAider or the person taking on the role of Imani is becoming distressed. If they are, you should pause the roleplay.

STEPHANIE

INFORMATION FOR THE MENTAL HEALTH FIRST AIDER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Stephanie, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do. You can use your manual to help you remember the ALGEE Action Plan.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

Stephanie is the barista at your favourite coffee shop. A few months ago, she was in a serious car accident. She had a series of operations and several months of physiotherapy but is now back at work part-time.

Before the accident, Stephanie was always cheerful and happy. Now she seems irritable a lot of the time. She seems to have difficulty concentrating, snaps at customers and jumps at every little noise.

You are friendly with the owner of the coffee shop. When you mention your concerns to him, he tells you he is worried Stephanie might be taking too many painkillers. He says he has had several complaints about her from customers and whenever he mentions them to her, she cries and tells him she is useless now.

You see Stephanie sitting at the bus stop after her shift looking really down. You decide to have a MHFA conversation with her.

INFORMATION FOR STEPHANIE

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Stephanie, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

You are a woman named Stephanie. You work at a local coffee shop. About 5 months ago you were in a serious car accident. Your arm was badly hurt and needed several operations. You have finally returned to work part time – something you were very much looking forward to. You have found things much more difficult than you expected.

It is hard to concentrate and focus on work when you can hear cars rushing past in the street outside. The sound makes you feel on edge – as if you are constantly waiting to hear the screech of tires from another accident.

Thoughts of the accident intrude on your mind a lot, especially when you are trying to get to sleep.

Being on your feet all day causes you pain. Your doctor has told you that you must start weening yourself off the strong painkillers you got from the hospital, but you find yourself needing more and more to keep the pain away.

You are sitting at the bus stop when you see your favourite customer approach you.

INFORMATION FOR THE OBSERVER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Stephanie, and the role of the observer.
2. Read over the below scenario carefully.
3. During the roleplay, if you start to feel distressed and need to take a break, please do so.

Scenario:

Stephanie is a woman who works at the local coffee shop. She has recently been in a serious car accident in which she hurt her arm. Her arm required a number of operations and several months of physiotherapy. She was looking forward to returning to work and seeing all her favourite customers again, but is finding things more difficult than she anticipated. The noise of the cars in the street outside the café put her on edge. She finds it difficult to concentrate on her work as thoughts of the accident continue to intrude. She finds herself needing more and more painkillers to get through the days.

Role of the observer:

As the observer, you have an important role. You need to do the following:

- Take a note of the things the MHFAider did that worked well.
- Take a note of the things the MHFAider could do differently to make it a better experience next time.
- Help the MHFAider if they get stuck and are not sure what to say or do next. You can use your manual to help you with this.
- Watch out for any signs the MHFAider or the person taking on the role of Stephanie is becoming distressed. If they are, you should pause the roleplay.

KALI

INFORMATION FOR THE MENTAL HEALTH FIRST AIDER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Kali, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do. You can use your manual to help you remember the ALGEE Action Plan.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

Kali is your taxi driver. As he is driving, you begin to talk about his life.

He tells you he has recently experienced a breakdown in his relationship with his son. They had a big fight after Kali had had a few whiskeys (although Kali can't remember what the fight was about). The next day his son told him that he could not be in his father's life if he continued to drink alcohol.

Kali says that he has always been a drinker. He started off sipping out of his father's beer glass and now he likes to drink whiskey in the evening to wind down. After the fight with his son, Kali tried to cut down on his drinking but was surprised by how difficult he found it. He really craved a drink at the end of the day and became snappy and irritable without it.

You decide to have a MHFA conversation with Kali. When he drops you off, you ask if he will sit on a nearby bench and talk with you about what has been happening for him.

INFORMATION FOR KALI

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Kali, and the role of the observer.
2. Read over the below scenario carefully.
3. Take a few minutes to think about some of the things you might want to say or do.
4. During the roleplay if you are not sure what you should say or do, you can ask your observer or instructor for advice.
5. If you start to feel distressed and need to take a break, you can pause the roleplay at any time.

Scenario:

Your name is Kali and you are a taxi driver. You love your work because of the interesting people you meet.

You have recently had a big fight with your son. You had been drinking, so you can't remember what the fight was about but you know it ended with you shoving your son and him storming off. Your son was very upset the next day and told you that he would cut you out of his life unless you agreed to give up drinking. He said that your drinking was hurting the people around you and he won't put up with it anymore.

You were shocked and upset by what your son said. You never considered that your drinking was hurting your family. You immediately quit, but were surprised by how much you craved a drink at the end of the day. You felt shaky and irritable without it. You started drinking again, but hid it from your family. When your son found out he was really angry and said that he wouldn't see you again.

INFORMATION FOR THE OBSERVER

Instructions:

1. Decide who will take on the role of the Mental Health First Aider (MHFAider), the role of Kali, and the role of the observer.
2. Read over the below scenario carefully.
3. During the roleplay, if you start to feel distressed and need to take a break, please do so.

Scenario:

Kali is a taxi driver. His son recently told him that his drinking was hurting the family and refused to speak to him again until he quit. Kali was shocked and upset to hear that he had hurt his family and immediately promised to quit drinking. He was surprised by how difficult it was for him to quit. He craved a drink at the end of the day. He became snappy and irritable without a drink. He started drinking again, but tried to hide it from the family. When his son found out, he was furious and he has now cut his father out of his life.

Role of the observer:

As the observer, you have an important role. You need to do the following:

- Take a note of the things the MHFAider did that worked well.
- Take a note of the things the MHFAider could do differently to make it a better experience next time.
- Help the MHFAider if they get stuck and are not sure what to say or do next. You can use your manual to help you with this.
- Watch out for any signs the MHFAider or the person taking on the role of Kali is becoming distressed. If they are, you should pause the roleplay.