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

"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

**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:
  - HEALTHY
  - REACTING
  - INJURED
  - ILL

- "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:

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