

What is Mental Health First Aid?

Mental health first aid (MHFA) is the help provided to a person developing a mental health problem or in a mental health crisis. The First aid is given until appropriate professional treatment is received or until the crisis is resolved.

Who Should Attend?

Front line staff, teachers, health service providers RN, PSW, emergency workers, human resources professionals, employers, community groups, volunteers, etc. Attendance is required at both sessions in order to receive certification.

This 2-day, 12-hour certificate workshop developed by the Mental Health Commission of Canada and covers the following topics:

- ▶ Substance related disorders
- ▶ Mood related disorders
- ▶ Anxiety and trauma related disorders
- ▶ Psychotic episodes/disorders
- ▶ Substance overdose
- ▶ Panic attack
- ▶ Acute stress reaction



Workshop

Session

Day 1 9am-4pm

- 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
- MHFA for substance-related problems
- Crisis first aid for overdose
- Types of mood disorders
- Substance use and mood disorders
- Suicide in Canada
- MHFA for mood problems

Day 2 9am-4pm

- What are anxiety and trauma related disorders
- Substance use and anxiety disorders
- MHFA for anxiety and trauma related problems
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reactions
- What is a psychotic disorder?
- Types of psychotic disorders
- Substance use and psychotic disorders
- MHFA for anxiety problems

Registration

Limited seats available.

Cost: \$195.00+HST

Email: LauraLee Barkley @ LBarkley@sl.on.ca

Phone: 613-345-0660, ext. 3176

Fax: 613-341-2075