



*You may know medical first aid...
You may know CPR...
But do you know mental health first aid?*

One in three Canadians will experience a mental health problem in their lifetime.

Will you know how to help?

What is Mental Health First Aid? This workshop teaches participants how to help someone who is showing signs of a mental health problem or is experiencing a mental health crisis.

The 2-day, 12-hour **certified** basic training course is a program of the Mental Health Commission of Canada and covers the following topics:

- Signs and symptoms of mental health problems and crisis situations
- A basic model to provide mental health first aid
- Information about how to help in a crisis and how to help prevent a crisis
- Encouraging a person to identify options for help

Session 1 – February 19th - 9:00 a.m. to 4:00 p.m.

- Mental Health First Aid
- Common mental health problems
- The five basic steps of mental health first aid
- What are substance use disorders?
- Symptoms and risk factors
- Crisis first aid for overdose
- Mental health first aid for substance use disorders
- Treatment and resources
- What is depression and bipolar disorder?
- Symptoms of depression and bipolar disorder
- Risk factors for depression and bipolar disorder
- Alcohol, drugs and depression and bipolar disorder
- Suicide in Canada
- Crisis first aid for suicidal behavior
- Mental health first aid for depression and bipolar disorder
- Treatment and resources

Session 2 – February 20th – 9:00 a.m. to 4:00 p.m.

- What are anxiety disorders?
- Symptoms of anxiety disorders
- Risk factors for anxiety disorders
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Mental health first aid for anxiety disorders
- What are psychotic disorders?
- Symptoms of psychotic disorders
- Risk factors for psychosis
- Alcohol, drugs and psychotic disorders
- Crisis first aid for acute psychosis
- Mental health first aid for psychosis
- Treatment and resources

Who Should Attend?

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

Registration

Cost is \$250.00 per person and a manual and a certificate of completion.
Morning and afternoon refreshments will be provided but lunch will be on own.
Course will be held at the Fortius Sport and Health 3713 Kensington Ave in Burnaby. Please note that spaces are limited.

To register or for more information, please call or email:

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403-942-5250

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<http://mentalhealthready.com>