

Mental Health First Aid Training

Mental Health First Aid Training Workshop

Mental Health First Aid is a nationally recognized training and program of The Mental Health Commission of Canada. This 12-hour course is taught over 2 consecutive days; and this interactive course provides a supportive and safe group learning environment. Practical skills are taught using a model that is easy to remember and apply in real-life settings.

Participants will learn how to help people who are showing signs of mental health problems or who are experiencing a mental health crisis. The course does not train you to be a therapist, counsellor or mental health professional; it trains you to be a mental health first aider. The course covers the following topics:

- What is meant by mental health and mental illness / mental health problems?
- Signs and symptoms of common mental health problems and crisis situations.
- A basic model to provide mental health first aid.
- Information about effective interventions and treatments.
- How to access professional help.

After participants attend and complete all 12 hours of the Mental Health First Aid Canada course, participants will receive a Mental Health First Aid Canada Certificate, and will keep their manual, which covers the course content and provides additional resources.

The course is taught by Raeligne Van Patten, an accredited Mental Health First Aid Trainer. The course outline is shown but the timing is flexible. For more information contact her at safety@mems.ca or go to www.mems.ca.



Mental Health First Aid Instructor for MHCC
MHFA Canada is a program of
The Mental Health Commission of Canada

Course Outline

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June 9, 2016

- 9:00 – Session One Mental Health & Mental Health Problems
- 10:00 – Break
- 10:15 – Session One: Mental Health & Mental Health Problems
- 12:00 – Lunch (not provided)
- 1:00 – Session Two: Mood Disorders
- 2:30 – Break
- 2:45 – Session Two: Mood Disorders
- 4:30 – Finish

June 10, 2016

- 9:00 – Session Three: Anxiety and Trauma Related Disorders
- 10:00 – Break
- 10:15 – Session Three: Anxiety and Trauma Related Disorders
- 12:00 – Lunch (not provided)
- 1:00 – Session Four: Psychotic Disorders
- 2:30 – Break
- 2:45 – Session Four: Psychotic Disorders
- 4:30 – Finish

June 9-10, 2016 Training Course will be hosted at:

6111 – 91 Street NW
Edmonton, AB T6E 6V6*
Cost: \$175 + GST

Please complete this form and send by fax (780-496-9049 attn. Rae Van Patten) or email (safety@mems.ca). Note that enrollment is limited and will be handled on a first-come-first-served basis. Millennium EMS Solutions Ltd. reserves the right to cancel the course (with a full refund) if there is insufficient registration numbers.

Course Location/Date: Edmonton, AB; June 09-10 2016 n/a

Registrant Name: _____ Date: _____

Company: _____ Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

Payment Information

Registration Fee:	\$ 175.00
<u>GST:</u>	<u>\$ 8.75</u>
Total:	\$ 183.75

6111 – 91 Street NW
Edmonton, AB, Canada T6E 6V6
Tel: 780.496.9048 Fax: 780.496.9049
www.mems.ca

Payment is accepted by credit card (Visa or MasterCard) through the Millennium EMS Solutions Ltd. website or by cheque payable to Millennium EMS Solutions Ltd. (email or phone to confirm space before sending cheque). Please select your preferred payment method below and you will be contacted to arrange payment.

- Credit card (VISA, Mastercard, American Express) – go to www.mems.ca for registration
- Cheque – payable to Millennium EMS Solutions Ltd.
- Invoice (specify): _____

Cancellations are accepted up to 7 days prior to the workshop without a cancellation fee. Cancellations less than 7 business days prior to the workshop will be subject to a 50% cancellation fee. Substitutions of registrants may be made with no additional cost at any time prior to the workshop.