

Mental Health First Aid

12 Hour Certification Workshop

Mental Health First Aid Canada teaches first aid skills to help someone who is developing mental health problems or is experiencing a mental health crisis. Anyone can benefit from learning Mental Health First Aid

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 response to crisis situations.
- A basic 5-step model to provide Mental Health First Aid.
- Information about effective interventions, treatments and resources.
- How to access professional help.

Who Should Attend?

Anyone can benefit from Mental Health First Aid – Members of the general public, teachers, health service providers, emergency workers, frontline workers who deal with the public, volunteers, human resources professionals, employers, employees, community groups.

(This course does not train you to be a therapist, counsellor or mental health professional)

Date:	September 8 & 9, 2018
Time:	9:00 am to 4:00 pm
Place:	Kitscoty Community Cabin 4 Kids
Cost:	\$35 (fee is waived for parents living in Kitscoty or the surrounding area)
Material:	Includes Workbook and Certification

Mental Health Problems Covered

- **Mood Disorders**
- **Anxiety and Trauma Disorders**
- **Psychotic Disorders**
- **Substance Related Disorders**



**Mental Health
First Aid CANADA**

For Information or to Register:

Contact: Candice

Kitscoty Community Cabin 4 Kids

Phone: (780) 846-2228

e-mail: workshops@cabin4kids.org