



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 12-hour basic training course 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 from arising
- Encouraging a person to identify options for help

This evidence-based, interactive course is provided in a supportive group learning environment. Practical skills are taught using a model that is easy to remember and apply in real-life settings. Please see reverse side for a more detailed course outline.

Who Should Attend? Members of the general public, teachers, health service providers, emergency workers, human resources professionals, employers, community groups.

Anyone can benefit from learning Mental Health First Aid.

Tuesday Nov 1 & Wednesday Nov 2, 2011 ~ Guelph ~ 9:00-5:00
Tuesday Feb 28 & Wednesday Feb 29, 2012 ~ Kitchener ~ 9:00-5:00
Wednesdays and Thursdays: Apr 4, 5, 11 & 12, 2012 ~ Guelph ~ 9:00-1:00
Wednesday June 20 & Thursday June 21, 2012 ~ Waterloo ~ 9:00-5:00

To register for any of these four sessions, or for more information:

please e-mail workshops@cmhagrb.on.ca
or call 519-766-4450 x385 / 1-866-448-1603 x385



\$125.00 per person
Registration is required. Sorry, no refunds.
Maximum 4 individuals per organization.



CANADIAN MENTAL
HEALTH ASSOCIATION
Grand River Branch

For more information on this course, visit the website www.mentalhealthfirstaid.ca



Course Outline

Session 1

- **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**

Session 2

- **What is depression?**
- **Symptoms of depression**
- **Risk factors for depression**
- **Alcohol, drugs and depression**
- **Suicide in Canada**
- **Crisis first aid for suicidal behaviour**
- **Mental health first aid for depression**
- **Treatment and resources**

Session 3

- **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**
- **Treatment and resources**

Session 4

- **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**
- **Other expressions of distress**