



MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) training was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. You will learn some intervention tools and gain an understanding of how to access resources in the region. MHFA teaches mental health first aid skills. The philosophy behind MHFA is that mental health crisis may be avoided through early intervention. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

Topics Include:

- Substance-related disorders
- Mood-related disorders
- Trauma-related disorders
- Anxiety

Participants will gain:

- Increased awareness of signs and symptoms of the most common mental health problems.
- Decreased stigma related to mental health
- Confidence interacting with individuals experiencing mental health problem or crisis



COMMUNITY ADULT
LEARNING PROGRAM

MENTAL HEALTH FIRST AID

FACILITATORS

Carla Eckstrom MA, RSW
Charlene Eckstrom MA, RSW

DATE:

April 21 & 22, 2020

TIME

8:30 a.m.-4:30 p.m.

(1-hour lunch break)

LOCATION:

GPRC, Fairview

Room AC 144

COST

Registration: \$350 by April 1st

Early Bird: \$295(before March 15th)

TO REGISTER:

NORTHWEST PEACE COMMUNITY
ADULT LEARNING COUNCIL

Box 3000, Fairview, AB T0H 1L0

Phone:780.835.6618

Email: nwpcalc@outlook.com

Administration Information

- Cancellations less than 14 business days prior to the workshop date will be non-refundable
- If a registered participant is unable to attend, it is their responsibility to fill the spot.
- The organizer has a right to cancel the course up to 14 days prior with full refund