

MENTAL HEALTH FIRST AID CANADA TRAINING COURSE FOR ADULTS WHO INTERACT WITH YOUTH

This is a 14 hour course that is designed to be sensitive to the unique mental health needs of young people. It is meant to assist education professionals, health providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies.

Mental Health First Aid Canada teaches participants how to help someone showing signs of a mental health problem or experiencing a mental health crisis. The material covered is specific to youth aged 12 to 24.

This course has seven modules, with the following topics covered:

- Mental Health and Mental Illness
- Substance Related Disorders
- Mood Disorders
- Deliberate Self-injury
- Anxiety Disorders
- Eating Disorders
- Psychotic Disorders

2 Day Course

Locations will be arranged with each Session

Cost \$200.00/person (lunch not provided)

For More Information Contact: *Canadian Mental Health Association, Fort Frances Branch*

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