

MENTAL HEALTH FIRST AID

Spiritwood Health Complex

December 5 and 6

9 am- 4 pm

To register email contact information and course location to: pacmha@sasktel.net or call Doug 306 960 6811

What is MENTAL HEALTH FIRST AID:

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What are MENTAL HEALTH Problems:

The most common and disabling mental health problems are depression, anxiety disorders and psychotic disorders. Mental health problems are very common. In any one year about one in five adults experience a mental health problem. Many people suffer a mental illness for a long time before they seek help. Furthermore, alcohol and drug problems frequently occur with depression, anxiety and psychosis.

Who can Attend this Workshop:

Mental Health First Aid courses are conducted world-wide. Participants have included teachers, nurses, case managers, support workers, social welfare staff, employment agencies staff, personnel staff, members of the general public, and staff of many local Government Departments. Those who have completed the course have been very positive about the knowledge and skills they have acquired.

Cost:

Workshops are funded by the Community Initiatives Fund.

If present for all training modules during the two-day

(12 hour) workshop you will receive a:

- Course manual
- Certificate



Canadian Mental Health Association
Prince Albert Branch, Inc.

Douglas J. Kinar
Executive Director
B.ED

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ASIST

Applied Suicide Intervention Skills Training

MENTAL HEALTH FIRST AID



INDIVIDUAL REGISTRATION FORM

PLEASE FAX (763-7717) OR EMAIL pacmha@sasktel.net TO CONFIRM YOUR REGISTRATION

Name: _____ Workshop Date: _____

Work Number: _____ Cell Phone: _____ Fax # _____

Email Address: _____ Home # _____

Organization or Department: _____ Workshop begins at 9:00am

To **CONFIRM** your Registration please fax this completed registration form to the CANADIAN MENTAL HEALTH ASSOCIATION, Prince Albert Branch..

Once we have received your registration a spot will be held for your attendance.

Cancellation Policy: If you cannot attend the workshop, please notify us as soon as possible. Thanking you in advance for your co-operation in this matter.



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