



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

2 Day Workshop August 24 and August 25, 2017 9 am to 4:00 pm

You will learn how to:

- Recognize the signs & symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. 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.

Once the workshop is completed you will be able to:

- Assess the risk of suicide and/or harm
- Listen non-judgementally
- Give reassurance and information
- Encourage the young person to get appropriate professional help
- Encourage other supports

Did you know that half of all mental disorders begin by the age 14-24? And 1 person in 3 will experience a mental health problem at some point of their lifetime.

9 am to 4:00 pm

August 24 Education Centre - Room 158

August 25 Education Centre, - Room 158



KAWARTHA PINE RIDGE
DISTRICT SCHOOL BOARD

**Please register in PD Place #7072
Lunch will be provided. Please email any special food
requirements to elaine_baldock@kprdsb.ca**

Instructors

Deanna Swift

Leslie Walberg-Hegan

John Dougan