



Canadian Mental  
Health Association  
Moose Jaw  
*Mental health for all*

# Mental Health First Aid CANADA

## 2 Day Workshop Coming this Spring 2018

Open to Everyone

### 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

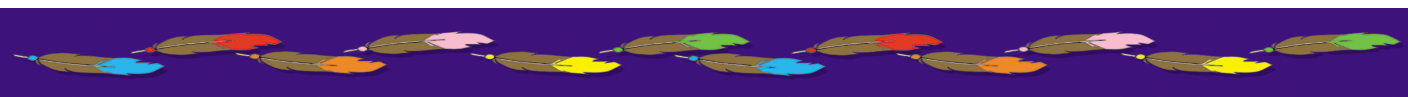
Did you know that half of all mental disorders begin by the age 14-24? And 1 person in 3 will experience a mental health problem at some point of their lifetime.

## More information will be coming soon!



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada





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## Mental Health First Aid CANADA

- Session 1 – Mental Health and Mental Illness/Addictions
- Session 2 – Mood Disorders including Bi-Polar and Suicide
- Session 3 - Anxiety Disorder
- Session 4 – Psychosis including Schizophrenia

Sessions can be delivered in 4 - ½ sessions  
or a 2 day block.

Next Event: April 11/12, 2018

Time: 8:30 a.m-4:00 p.m.

Location: Mosaic Tower

2nd Floor, 2010-12th Ave.

Regina, Sk.

Open to the community

Cost: \$160.00/participant

Closed to Organization



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Mental Health First Aid Canada is affiliated with Mental Health First Aid in Australia and Scotland.  
Mental Health First Aid Canada's operations are coordinated through the Mental Health Commission of Canada

## **Mental Health First Aid Canada 12-Hour Course:**

Workshop Training Dates: **April 11-12th, 2018**

**Registration deadline: Wed April 4th**

Location: Mosaic Tower  
2nd Floor, 2010-12th Ave.  
Regina, Sk.

**Please note lunch is not provided**

**Email : Isabelle at [contactus@cmhask.com](mailto:contactus@cmhask.com)**

**Name:**

**Email:**

**Mailing Address/Telephone:**

**Check appropriate Fee Rates:**

**Participant Fee:**       **\$160.00 Non-members**  
 **\$110.00 Non-Government Organizations**  
 **\$ 75.00 Consumer/\*member of CMHA**

Should you require more information about the workshop or how to become a \*CMHA member please contact:

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email: [contactus@cmhask.com](mailto:contactus@cmhask.com)  
[www.sk.cmha.ca](http://www.sk.cmha.ca)