



MENTAL HEALTH FIRST AID

If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.

Date: September 14th & 16th

Time: 8:30am-12:00pm

***Registration closes September 1st at 8:30am.**

Location: Virtual Zoom

Registration: <https://www.eventbrite.ca/e/mental-health-first-aid-tickets-154430597073>

Cost: \$75.00 non refundable
our generous partner

This course is significantly discounted through

Two weeks before the first session date, participants will receive a code to access Module 1. Course participants are required to complete Module 1 on their own time before participating in Module 2 and 3. Completion of all modules is required for certification.

For more information about the course, contact leah.Schulting@cmha.bc.ca

TOPICS COVERED IN MHFA BASIC

- ▶ Substance-related disorders
- ▶ Mood-related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Psychotic disorders

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Overdose
- ▶ Suicidal behaviour
- ▶ Panic attacks
- ▶ Psychotic episode
- ▶ Acute stress reaction



Canadian Mental Health Association
South Okanagan Similkameen
Mental health for all



Mental Health Commission of Canada
Commission de la santé mentale du Canada

Mental Health First Aid Canada

