



2 DAY TRAINING: Mental Health First Aid for Adults Who Work With Youth Saturday, May 13 & Sunday, May 14, 2023

**8:30 AM – 4:30 PM
(Saturday/Sunday)**

**NOTE:
Minimum of 12
participants required**

Confirmation will be
provided by Friday,
March 10th

**Maximum of 25
participants**

**\$225/person
(includes 2 lunches)**

Mental Health First Aid – Adults Who Work With Youth Certification (14 HOUR COURSE) **COST = \$225/person**
Program Certification by the Mental Health Commission of Canada
(includes 2 lunches)
Facilitated by Christina Furtado, Wellness & Learning Initiatives

NOTE: Minimum of 12 participants required – confirmation that there is sufficient interest to proceed with the training will be provided to all registrants by Friday, March 10th.

Why Take a Mental Health First Aid Course?

The most difficult part of intervening is knowing what to say. Evidence shows that taking an MHFA course increases the confidence participants have in engaging someone experiencing a mental health problem or crisis.

Aims of the 14 Hour MHFA – Adults Who Work With Youth Course:

- Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury
- Provide initial help when facing a mental health problem or crisis
- Guide youth and/or adults who support them toward appropriate professional help
- Learn how to accommodate young people who are in distress or are recovering from a crisis

COURSE SECTIONS

<p>1. Mental Health and Stigma</p> <ul style="list-style-type: none">• What is Mental Health First Aid?• Common mental health problems• Five basic actions of mental health first aid• Stigma and discrimination <p>2. Substance-related disorders</p> <ul style="list-style-type: none">• What is a substance-related disorder?• Signs and symptoms• Risk factors• MHFA for substance-related problems• Crisis first aid for overdose• Treatment and resources <p>3. Mood-related disorders for youth</p> <ul style="list-style-type: none">• What is a mood-related disorder?• Types of mood-related disorders• Signs and symptoms• Risk factors• Substance use and mood-related disorders• Suicide in Canada• MHFA for mood-related problems• Crisis first aid for suicidal behaviour• What is deliberate self-injury?• Reasons for self-injury• MHFA for self-injury• Treatment and resources	<p>4. Anxiety and trauma-related disorders</p> <ul style="list-style-type: none">• What are anxiety and trauma related disorders?• Types of anxiety and trauma related disorders• Signs and symptoms• Risk factors• Substance use and anxiety related disorders• MHFA for anxiety and trauma related problems• Crisis first aid for panic attacks• Crisis first aid for acute stress reactions• Treatment and resources <p>5. Eating disorders</p> <ul style="list-style-type: none">• What is an eating disorder?• Signs and symptoms• Risk factors• MHFA for eating disorders <p>6. Psychotic disorders</p> <ul style="list-style-type: none">• What is a psychotic disorder?• Types of psychotic disorders• Signs and symptoms• Risk factors• Substance use and psychotic disorders• MHFA for anxiety problems• Crisis first aid for psychotic episodes
---	--

Further course details can be reviewed at: <https://mentalhealthcommission.ca/training/mhfa/youth/>