

Upcoming Education and Workshops Winter 2018

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

MHFA Basic is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces.

January 22 & 23, 2018 9am-4:30pm Cost: \$250

ASIST Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

January 26 & 27, 2018 8:30am -4:30pm Cost: \$275 subsidies available for students and non-profit agencies.

SafeTALK is a 3 hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources.

January 29, 2018 1-4pm

February 8, 2018 6-9pm

March 13, 2018 6-9pm

Cost: \$50 subsidies available for students and non-profit agencies.

Please visit our Website for more information and check out our Events page for Spring 2018 courses.

www.princegeorge.cmha.bc.ca

For more Information and registration:

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