



**One in three Canadians will experience  
a mental health problem in their life**

**Mental Health  
First Aid**

**Do you know how to help?**

Mental health problems will affect one in three Canadians at some point in their life. Chances are you know someone who needs help.

**Mental Health First Aid Canada Basic:** is a 12 hour interactive certificate course that teaches first aid skills to help someone who is developing mental health problems or is experiencing a mental health crisis. Anyone can benefit from learning MHFA, general public, teachers, employers, volunteers, emergency workers, community groups.

**What is Mental Health First Aid?**

MHFA is the help provided to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. The concept is based on the model of medical first aid.

Some mental health problems are more common than many physical health problems. Most people have little knowledge about mental illness. This lack of understanding promotes fear and stigma. It prevents people from seeking help early and seeking the best kind of help. It also keeps people from providing appropriate support to friends, colleagues, family members and people around them simply because they do not know how.

**The course aims to teach people to:**

- Identify when a person may be a danger to themselves or others and take steps to preserve life.
- Recognize the early signs for mental health problems and provide help to prevent more serious problems.
- Provide comfort to someone with a mental health problem and support them in recovering.
- Topics covered are Mood Disorders, Anxiety Disorders, Psychotic Disorders, and Substance Related Disorders. Included is Crisis First Aid for substance overdose, suicidal behavior, panic attack, acute and post traumatic stress reaction, and psychotic episode.

**Mental Health First Aid is being offered at Smoky Lake Provincial Building Meeting Room**

**On Thurs. Feb. 25<sup>th</sup> and Thurs. March 3<sup>rd</sup> 2016 (must attend both days) from 9:00 a.m. to 4:00 p.m.**

**For registration contact:** Contact Mary Lou Doshewnek @ 780-656-4066 or email [mldosh@yahoo.com](mailto:mldosh@yahoo.com)

**For information contact:**

**Florence Remesz**

Mental Health First Aid Instructor

(780) 826-8352

[florence.remesz@albertahealthservices.ca](mailto:florence.remesz@albertahealthservices.ca)

**Cost - \$50.00 (includes manual)**

