



VegMin Learning Society

Mental Health First Aid

(12 Hour Certification Workshop)



Mental Health First Aid Canada 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 Mental Health First Aid.

September 27 & 28, 2022

Details to come.

Call VegMin at 780-632-7920 for more details or to register.

The Course Covers The Following Topics:

- What is meant by mental health and mental illness, (Mental health problems).
- Signs and symptoms of common mental health problems and crisis situations.
- A basic 5-step model to provide mental health first aid.
- Information about effective interventions and treatments.
- How to access professional help.

Mental Health Problems Covered

- Mood Disorders
- Anxiety Disorders
- Psychotic Disorders
- Substance Abuse Disorders

Who Should Attend?

- **General public ** teachers ** health service providers ** emergency workers ***
*** front-line workers who deal with the public** volunteers ** human resources professionals ***
*** employers * * employees ** community groups****

(NOTE: This course does not train you to be a therapist, counsellor or mental health professional)



Mental Health
First Aid CANADA