



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada



Mental Health First Aid

Tuesday & Wednesday, May 14 & 15, 2019

8:30 a.m.—3:30 p.m. daily

Great Plains College 514 Main Street Kindersley

Increase your awareness and understanding of common Mental Health issues by learning to recognize and understand the signs, symptoms and risk factors for:

Depression

Suicide

Anxiety

Trauma-Related Disorders (such as PTSD)

Bi-Polar Disorder

Substance-Related Disorders

Psychotic Disorders

Obsessive-Compulsive Disorder

This important two-day course also offers a step-by-step method on providing “First Aid” to assist anyone experiencing a Mental Health crisis.

Testimonials:

“This course will change the way you think about mental health. This course would benefit everyone.”

“I have a family member who struggles with mental health issues. I now have a deeper understanding of what they are going through and feel much better equipped to be a support to them. I can’t recommend this course enough.”

“While I would recommend this course to literally everyone, I would especially recommend this course to HR professionals, Managers and Supervisors. This course will prepare you for respectfully managing mental health issues in the workplace.”

This course is facilitated by a clinical supervisor for the Saskatchewan Health Authority who is a well-qualified and experienced instructor of the Mental Health First Aid program.

**Call us for more information
or to register (306) 463-6431**

*great plains
college*

