

## **MENTAL HEALTH FIRST AID**

The Mental Health First Aid (MHFA) Course is a 2-day training that covers topics including anxiety, psychosis, mood disorders, mental health and mental illness. At the end of the two day BASIC certification, individuals should be able to:

- Listen non judgmentally
- Give reassurance and information
- Encourage the person to get appropriate professional help
- Encourage other supports

This session is not intended to train individuals in long term response or counseling and is not focused specifically or solely on suicide interventions; rather MHFA provides information in order to help recognize signs and symptoms of a number of mental illnesses, provide appropriate immediate response and assist to connect individuals to long term professional response.

## **TRAINING**

### **June 16<sup>th</sup> and 23<sup>rd</sup>**

- June 16<sup>th</sup> – 12:00pm to 7:00pm
- June 23<sup>rd</sup> - 9:00am to 5:00 pm

Haliburton Highlands Secondary School  
5358 Haliburton County Road 21, Haliburton

Morning snacks and lunch will be provided

**\*\* NO COST\*\***

## **ATTENDANCE**

- Spots are LIMITED

**DEADLINE to register is JUNE 13<sup>th</sup>**

**Please register by emailing Rhonda Scarlett at [rhonda.scarlett@tldsbo.on.ca](mailto:rhonda.scarlett@tldsbo.on.ca)**