



**UNDER
STAND
MENTAL
HEALTH**



PUBLIC EDUCATION OPPORTUNITIES

Mental Health First Aid for Adults Who Interact With Youth Training

Focus: MHFA for Adults Who Interact With Youth is a two-day, 15-hour workshop that teaches first aid skills to adults, to help youth developing a mental health problem or is experiencing a mental health crisis.

Participants: Anyone can benefit from MFHA. It is open to all members of the general public, families affected by mental illness, teachers, health service providers, emergency workers, frontline workers, volunteers, managers, employers or community groups.

Goals and Objectives:

- To recognize signs and symptoms of common mental health problems and crisis situations
- The basic actions for mental health first aid
- Information about effective interventions and treatments
- How to access help and resources

COST—\$125

MHFA 2-Day Course

8:30 a.m.— 4:30 p.m. both days

**September 24-25, 2024
Brandon**

**February 11-12, 2025
Brandon**

**November 5-6, 2024
Brandon**

**April 15-16, 2025
Brandon**

For more information or to register for MHFA course dates listed above, please contact Kaila Derhak at 204-578-2490 or kderhak@pmh-mb.ca