



PRAIRIE MOUNTAIN HEALTH

**UNDER
STAND
MENTAL
HEALTH**



PUBLIC EDUCATION OPPORTUNITIES

MENTAL HEALTH FIRST AID	ASIST	SafeTALK
<p>Mental Health First Aid (MHFA) is the initial help provided to someone experiencing a mental health problem. There are two different courses—one that focuses on Adults who interact with Youth, and a Basic version focusing on adults.</p>	<p>ASIST (Applied Suicide Intervention Skills Training) is a 2-day, highly interactive, practical workshop for people who want to feel more comfortable, confident and competent in helping prevent the immediate risk of suicide.</p>	<p>SafeTALK is a 3-hour workshop that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.</p>

Prairie Mountain Health will not be providing lunch, beverages or snacks. Longer break times will be provided.

\$125	\$125	NO COST
<p><u>Mental Health First Aid - Adults Who Interact With Youth</u> 8:30 a.m.— 5:00 p.m. both days</p> <p>September 25-26, 2025 Brandon Town Centre</p> <p>February 5-6, 2026 Brandon Town Centre</p> <p>May 7-8, 2026 Brandon Town Centre</p> <p>To register for Brandon MHFA workshops, please email kderhak@pmh-mb.ca</p> <p>November 4-5, 2025 Dauphin Community Health Services</p> <p>May 5-6, 2026 Swan River-Legion Hall</p> <p>June 9-10, 2026 Dauphin Community Health Services</p> <p>To register for Dauphin and Swan River MHFA workshops, please email lparker@pmh-mb.ca</p>	<p><u>ASIST Full Course</u> 8:30 a.m.— 4:30 p.m. both days</p> <p>October 22-23, 2025 Brandon Town Centre</p> <p>January 14-15 2026 Brandon Town Centre</p> <p>To register for ASIST, please email: kderhak@pmh-mb.ca</p>	<p><u>safeTalk Workshops</u></p> <p><u>September 9, 2025</u> 6:00-9:00 p.m. Brandon University Health Studies Building (north entrance @ 18th & Rosser)</p> <p>To register for safeTALK, please email: spinassistant2019@outlook.com</p>