

Mental Health First Aid CANADA

For Adults Who Interact with Youth

Mental Health First Aid (MHFA) Canada **For Adults who Interact with Youth** is a two-day, 14-hour workshop that teaches first aid skills to adults, to help youth developing a mental health problem or is experiencing a mental health crisis.

Who should take MHFA?

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.

Participants will learn:

- ✓ 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

REGISTRATION FROM

Name:

Organization:

Phone:

Enter Your Course Date

Occupation:

Email:

Workshop Fee: **\$125.00** Please Make Cheque/Money Order Payable to: **Prairie Mountain Health**

Internal Funds Transfer Code:

***Registration fee is non-refundable unless cancellation is made 10 business days prior to the workshop. Participants will not be registered until workshop fee and registration form received.**

In completing this registration form, I understand that participation for the entirety of the two day MHFA workshop from 08:30 to 17:00 is mandatory for certification. If for any reason I am unable to attend all the sessions, I will be required to re-register and complete the two days in entirety to be eligible for certification.

Signature: _____ Date: _____

Return to: **Brandon - Kaila Derhak**
Email: kderhak@pmh-mb.ca

Dauphin/Swan River - Lana Parker
Email: lparker@pmh-mb.ca