

**UNDER
STAND
MENTAL
HEALTH**



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

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 19-20, 2023
Brandon**

**February 27-28, 2024
Brandon**

**October 16-17, 2023
Brandon**

**April 16-17, 2024
Brandon**

**October 25-26, 2023
Brandon**

**June 11-12, 2024
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