



BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.*

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

Register now to become a Mental Health First Aider:

Course Name: ***Mental Health First Aid Basic***

Description: ***Length:*** 12 hours

Topics: See registration form for a detailed list of course content

Dates and Times:

- January 15th & 16th, 2018 @ North Battleford, Sk. 830am-4pm.
- January 20th & 21st, 2018 @ Carnduff, Sk. 830am-4pm.
- January 24th & 25th, 2018 @ Regina, Sk. 830am-4pm.
- February 3rd & 4th, 2018 @ Martensville, Sk. 830am-4pm.
- February 13th & 14th, 2018 @ Regina, Sk. 830am-4pm.
- March 10th & 11th, 2018 @ Regina, Sk. 830am-4pm.
- March 15th & 16th, 2018 @ Prince Albert, Sk. 830am-4pm.
- March 26th & 27th, 2018 @ Weyburn, Sk. 830am-4pm.

Cost: \$250/participant

Instructor: **Carissa Listrom**

Tel: 306.526.2958

Email: carissaclark17@hotmail.com

What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.

