



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



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health First Aid Canada  
Premiers soins en santé mentale





**Mental Health  
First Aid** CANADA

# *Mental Health First Aid*

## Information & Request for Registration

\*\* For more information visit the *Mental Health Commission of Canada* webpage *Mental Health First Aid Canada* @ <http://www.mentalhealthfirstaid.ca/en> \*\*

### ***What is Mental Health First Aid (MHFA)?***

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

MHFA shares the same overall purpose as traditional first aid. It aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health.
- Provide comfort to a person experiencing a mental health problem.

### **Topics Covered:**

#### ***Section One: Mental Health and Mental Health Problems***

What is Mental Health First Aid?

What are Mental Health Problems?

Reasons people take Mental Health First Aid?

General information and statistics regarding mental health in Canada.

#### ***Section Two: Substance-Related Disorders***

What is a substance-related disorder?

Types of substance-related disorders

Types of substances use disorder

How to administer MHFA for substance-related problems

Crisis first aid for an overdose

Resources available for individuals experiencing substance-related problems

#### ***Section Three: Mood-Related Disorders***

What is a mood-related disorder?

Types of mood-related disorders

Mood-related disorders and substance use

How to administer MHFA for mood-related problems

Crisis first aid for suicidal behaviour.

Resources available for individuals experiencing mood-related problems

#### **Section Four: Anxiety & Trauma-Related Disorders**

- What is an anxiety-related disorder?
- Types of anxiety-related disorders
- Types of trauma-related disorders
- Anxiety-related disorders and substance use
- How to administer MHFA for anxiety and trauma-related problems
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Resources available for individuals experiencing anxiety and trauma-related problems

#### **Section Five: Psychotic Disorders**

- What is a psychotic disorder?
- Types of psychotic disorders
- Psychosis and substance use
- How to administer MHFA for psychosis problems
- Crisis first aid for a psychotic episode.
- Resources available for individuals experiencing psychosis problems

#### **Section Six: Resources**

- Mental health problems and the workplace
- Self-care
- Cognitive distortions
- Other resources

#### **Important Information:**

- To obtain MHFA certification, a participant must attend both days in full.
- Fees must be paid in full upon registration. Fees are non-refundable.
- A minimum of 15 participants (maximum of 24) is necessary to offer the course, otherwise the course will be cancelled (1 weeks prior to the scheduled start date). Participants can choose a full refund or can transfer the paid fee to another scheduled course date.

Thank you for your interest in MHFA.

If you are interested in registering for a MHFA certification course, please fill out and submit the form below to Carissa Listrom via email or mail. Payment must be received in full to guarantee a spot in the course.

**Carissa Listrom**  
*Certified MHFA Instructor*

Mailing Address:

131 Vernon Cres.  
Regina, SK.  
S4R 7S8

Email: carissaclark17@hotmail.com

Cell: 306-526-2958



**Mental Health  
First Aid CANADA**

# *Mental Health First Aid* Individual Registration Form

Participant Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

How did you hear about the course? \_\_\_\_\_

Name of individual/organization as it is to appear on receipt: \_\_\_\_\_

### **OPTIONAL INFORMATION**

Organization Represented: \_\_\_\_\_

Job Title: \_\_\_\_\_

**DATES:** Please identify the MHFA course dates you wish to attend below:

\_\_\_\_\_ *Location:* \_\_\_\_\_

**LOCATION:** *Course location details TBD.*

*Included in the course fee:*

- *Participants Mental Health First Aid manual (yours to keep);*
- *MHFA certification card and certificate.*

**PAYMENT OPTIONS:** *Please select one of the following two options.*

*Enclosed cheque of \$ \_\_\_\_\_: (Please make cheque payable to the Carissa Listrom)*

*Registration form and cheque can be mailed to:*

**Carissa Listrom  
131 VERNON CRES.  
Regina, Sk. S4R 7S8**

*Electronic Money Transfer of \$ \_\_\_\_\_: (Please send to carissaclark17@hotmail.com [Password mhfirstaid])*

*Please email me prior to sending any documentation in the mail.*

*You will receive an email to confirm registration once documentation/payment is received.*

### **Cancellation Policy for MHFA Basic Course:**

This is to state that Carissa Listrom reserves the rights to cancel a scheduled course within 7 days of the date of commencement. You, (the participant), will have the right to choose:

- a) a full refund of payment.
- b) transfer the payment to another scheduled course date.

If you (the participant) are unable to attend the course or need to cancel your registration, and the instructor is notified **more than 7** days in advance of the scheduled course start date, you can register for the next available course date and transfer your registration fee.

Should you require additional information about the workshop please contact:

**Carissa Listrom**  
**Certified MHFA Basic Instructor**  
*Cell:* 306 526 2958  
*Email:* carissaclark17@hotmail.com