



BRIDGES HEALTH

MENTAL HEALTH FIRST AID IN THE WORKPLACE

Mental Health First Aid Certification Training

Mental Health First Aid is the assistance provided to a person developing 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 the crisis is resolved.

What you will Learn:



How to recognize the signs and symptoms of mental health problems



Crisis and first aid skills for substance overdose, suicidal behavior, panic attacks, acute stress reactions and psychotic episodes



Overcoming stigma and discrimination

“Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers, provided they are properly trained in MHFA” – Source: MHCC

WHY BRIDGES HEALTH?

We offer more!



Networking with forward thinking professionals



Guest speakers and/or community resources during lunch breaks



Follow up services for your organization from Bridges Health (PH&S Audits, Occupational Therapy, and more!)

\$195 + GST/PERSON (LUNCH INCLUDED)



**Mental Health
First Aid CANADA**



UPCOMING SESSIONS:

Regina, SK: June 26 & 27

Prince Albert, SK: July 11 & 12

Saskatoon, SK: July 25 & 26

Regina, SK: August 29 & 30

Winnipeg, MB September 19 & 20

For registration or more information:

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