



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

**Mental Health
First Aid Canada**

WWW.MHFA.CA



**PREVENTION
LINK** DISABILITY
PREVENTION
AT WORK



PREVENTION LINK, ON BEHALF OF THE MENTAL HEALTH COMMISSION OF CANADA, IS PLEASED TO OFFER:

MENTAL HEALTH FIRST AID - 2019

SUDBURY: SEPT. 24 & 25

TORONTO: OCT. 8 & 9

ST. CATHARINES: NOV. 5 & 6

OSHAWA: DEC. 11 & 12

9 A.M. - 5 P.M.

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

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

WHAT YOU LEARN!

**MENTAL
HEALTH AND
STIGMA**

**SIGNS AND
SYMPTOMS**

**EFFECTIVE
INTERVENTION**

**RESOURCES
AND SUPPORTS**

WHY TAKE AN MHFA COURSE?

STIGMA

There is stigma associated with mental health problems. Evidence shows that taking an MHFA course reduces social distance between the participant and someone experiencing a mental health problem.

AWARENESS

One person in five will experience a mental health problem this year. Evidence shows that MHFA course participants increase their awareness of signs and symptoms of the most common mental health problems.

CONFIDENCE

The most difficult part of intervening is knowing what to say. Evidence shows that taking an MHFA course increases the confidence participants have in engaging someone experiencing a mental health problem or crisis.

COST: \$180

(HST included)

TO REGISTER VISIT:
preventionlink.ca



Did you know you can register for this course online? It's fast and easy! Visit preventionlink.ca to register now.

Course Title **MENTAL HEALTH FIRST AID**

Last Name _____ First Name _____

Address _____ City _____

Prov _____ Postal _____ Email _____

Phone _____ Work _____ Fax _____

Union and Local _____ Dietary Restrictions _____

Are you a: Worker ☐ Worker Rep. ☐ Employer ☐ Other ☐

Please complete this form either online to pay with a credit card **OR** return by mail together with payment to:

Please check the box to indicate your selection.

Prevention Link
15 Gervais Drive, Suite 202
Toronto, ON M3C 1Y8
ATTN: Sue Fratric

TOTAL PAYMENT: \$ _____
(\$180 per person)

For further information please contact **Sue Fratric** by:

- phone at (416) 443-7683
- e-mail at sfratric@preventionlink.ca.

- ☐ **SUDBURY »** Sept. 24 & 25 - CUPE Office, 205 - 888 Regent Street
- ☐ **TORONTO »** Oct. 8 & 9 - IBEW Local 353, 1377 Lawrence Avenue E.
- ☐ **ST. CATHARINES »** Nov. 5 & 6 - Best Western, 2 North Service Rd.
- ☐ **OSHAWA »** Dec. 11 & 12 - IBEW Local 353 East, 1001 Ritson Rd. S.

Note: The Prevention Link team recommends that you email a copy of your registration form prior to mailing the original with payment.

You may also register online and pay with a credit card – Online: preventionlink.ca

*Fees also include HST, lunch, all course material, guided instruction, certificate of completion.

PREVENTION LINK BOOKING AND CANCELLATION POLICY

Course numbers are limited to ensure a quality learning experience for all participants. Places are allocated in order of receipt of registration form. Written cancellation received 10 working days prior to the first day of training are subject to a 25 per cent administration charge. Cancellations received thereafter are refunded at 50 per cent of the registration fee.

Prevention Link may cancel any training session at any time with a full refund. Every effort will be made to ensure that registrants of a cancelled course are placed in the next available course. Prevention Link is not responsible for wages, non-refundable travel, meal or accommodation costs. Should a participant be unable to attend, a substitute nomination is welcome at no additional charge.

PREVENTION LINK PRIVACY POLICY

Prevention Link is committed to protecting your privacy and the confidentiality of information provided to us as regulated by Privacy Legislation. The information you provide is necessary to enable the processing of your registration and updating your current records with us. The information will be used to contact you regarding registrations and cancellations, provide you with information about a range of current/future workplace insurance and disability prevention training opportunities and other prospective events that may be of interest to you. Information provided by you may be disclosed to a relevant third party as a part of a grant agreement audit requirement. Information may also be disclosed to our affiliate organizations as an update report on their member training.