



SSN is proud to introduce: Mental Health First Aid (Basic) Certificate training at The Michener Institute

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

What is Mental Health First Aid?

Mental Health First Aid is provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis.

What is Mental Health First Aid (Basic) Training?

MHFA Basic is a 12hour course developed by the Mental Health Commission of Canada. Upon completion, you are well prepared to interact confidently about mental health with your family, friends, communities, and workplaces.

Why should I take it?

The course will teach you to recognize the signs that a person may be developing a mental health problem or experiencing a mental health crisis **and how to confidently provide initial help and guide the person to appropriate professional resources.**

With MHFA training you will be able to respond appropriately in challenging situations:
by assessing risk of harm and suicide

- listening mindfully
- giving reassurance and information,
- and encouraging professional and other supports.

We will focus on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders.

It is an interactive and informative course that will benefit you both personally and professionally. It is also a great way to enhance your resume!

The MHFA certificate shows that you are confident in dealing with many difficult situations that require advanced communication skills.

For more information please visit [MHFA website](#).

How do I sign up?

We are hoping to resume offering MHFA (Basic) training virtually as early as November 2020. We will send out an email to all students once we have confirmed dates and delivery method. If you would like more information, please email cyurchuk@michener.ca

Cost: \$75.00 (includes manual - typical course fee outside of Michener is \$150-\$210)

To register: Information for registration will be provided soon.

You MUST attend all 12 hours in the course that you choose to enroll.