



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

2- day Training

Mental Health First Aid:

For Adults Who Interact With Youth

February 24 & March 17, 2017

9:00am-4:00pm

Stó:lō Nation, Government House Building 8B - 7201 Vedder Road, Chilliwack, BC

This 14-hour training focuses on mental health problems and first aid for youth ages 12 to 24. Mental health problems often first develop during adolescence or early adulthood, with half of all mental disorders beginning by age 14, and 75% beginning by age 24.

CRISIS SKILLS FOR THE FOLLOWING SITUATIONS ARE LEARNED:

- Substance overdose
- Suicidal behaviour
 - Panic attack
- Acute stress reaction
- Psychotic episode

TOPICS DISCUSSED:

- Substance related disorders
 - Mood related disorders
- Anxiety and trauma related disorders
 - Psychotic disorders
 - Eating disorders
- Deliberate self injury

COST: \$225.00 each

LUNCH PROVIDED

*subsidies may be available for non-profit organizations and community members

Registration/Questions:

LATCoordinator@gmail.com

This training is appropriate for all front line youth workers including MOAs, pharmacists, CYMH and school office workers, etc.