



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

100-4 Fort Street Winnipeg, Manitoba R3C 1C4
Phone: 204-786-0987 Toll Free: 1-800-263-1906
Website: www.mooddordersmanitoba.ca



MENTAL HEALTH FIRST AID BASIC (12-hours)

MHFA is a program of the Mental Health Commission of Canada

DATES:

November 25 & 26
December 9 & 10
January 20 & 21, 2018
February 17 & 18, 2018
March 3 & 4, 2018
April 14 & 15, 2018
May 26 & 27, 2018

8:30 A.M. – 4:30 P.M.

COST IS \$100 FOR THE TWO DAY COURSE

TO REGISTER PLEASE CONTACT:

CHARLOTTE SYTNYK AT

PHONE: 204-942-8715

EMAIL: CHARLOTTE@MOODDISORDERSMANITOBA.CA

Participants will learn how to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.

MHFA Canada teaches mental health first aid skills. The course does not train people to be therapists, counselors or mental health professionals. The philosophy behind MHFA Canada is that mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If crisis do arise, then members of the public can take action that may reduce the harm that could result.

In the Basic course, the following mental health problems are covered:
Mood-related disorders Anxiety and trauma-related disorders
Substance-related disorders Psychosis

**Mental Health
First Aid Canada**

