

MENTAL HEALTH FIRST AID

Legacy Place Society provides the Mental Health First Aid Instructor (certified thru Mental Health Commission of Canada).

Mental health first aid (MHFA) is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.

Mental Health First Aid Basic is a 12-hour course focused on adults interacting with adults in all environments.

The course is taught over 2 days and registration fees includes workbook from Mental Health Commission of Canada. Participant brings own snacks and lunch.

Outside agencies will charge \$200-\$300 per registration. Legacy Place Society seeks community funding partnerships to assist in reducing the cost of this course to either cover the full cost of \$100 that Legacy would charge or contribute in ways of cost sharing.

Check our website www.legacyplacesociety.com or call 403-201-9945 for ongoing updates of scheduled classes.

If you would like to register, forward this completed form to info@legacyplacesociety.com

Mental Health First Aid

Date of course _____ Location _____

Full name of participant _____

Email of participant _____

Indicate services (police, fire, ems, dispatch, corrections, bylaw, transit, military, other)

Cell # _____

Mailing address _____

Method of payment (mail chq to Legacy Place Society BVPO Box 20194 Calgary, AB T2P 4L2)

Credit Card (visa or master card) _____ exp __ / __

Full name on credit card _____

Amount charged (add 4% banking fee if paying by credit card) _____

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The course discusses the following mental disorders:

- Substance related disorders
- Mood related disorders
- Anxiety and trauma related disorders
- Psychotic disorders

Crisis first aid skills for the following situations are learned:

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

Course outline

<p><i>Session One: Mental Health and Mental Health Problems</i></p> <ul style="list-style-type: none"> ▪ What is Mental Health First Aid? ▪ Common mental health problems ▪ Five basic actions of mental health first aid ▪ Stigma and discrimination? ▪ What is a substance-related disorder? ▪ Signs and symptoms ▪ Risk factors ▪ MHFA for substance-related problems ▪ Crisis first aid for overdose ▪ Treatment and resources 	<p><i>Session Two: Mood Disorders</i></p> <ul style="list-style-type: none"> ▪ What is a mood disorder? ▪ Types of mood disorders ▪ Signs and symptoms ▪ Risk factors ▪ Substance use and mood disorders ▪ Suicide in Canada ▪ MHFA for mood problems ▪ Crisis first aid for suicidal behaviour ▪ Treatment and resources
<p><i>Session Three: Anxiety and Trauma Related Disorders</i></p> <ul style="list-style-type: none"> ▪ What are anxiety and trauma related disorders? ▪ Types of anxiety and trauma related disorders ▪ Signs and symptoms ▪ Risk factors ▪ Substance use and anxiety disorders ▪ MHFA for anxiety and trauma related problems ▪ Crisis first aid for panic attacks ▪ Crisis first aid for acute stress reactions ▪ Treatment and resources 	<p><i>Session Four: Psychotic Disorders</i></p> <ul style="list-style-type: none"> ▪ What is a psychotic disorder? ▪ Types of psychotic disorders ▪ Signs and symptoms ▪ Risk factors ▪ Substance use and psychotic disorders ▪ MHFA for anxiety problems ▪ Crisis first aid for psychotic episodes