

*In support of the Interlake School Division's Continuous Improvement Plan, the **Mental Health First Aid For Adults Who Interact With Youth** will be offered to community members with an enrolment fee set to recover the cost of the course manual.*

W20/29 Mental Health First Aid For Adults Who Interact With Youth

Mental Health First Aid for Adults Who Interact with Youth is a 14-hour course developed by the Mental Health Commission of Canada, and teaches participants how to recognize that a young person may be struggling with a mental health problem or experiencing a mental health crisis; how to provide support; and how to connect the young person to appropriate professional help. Topics covered include: substance use disorders; depressive disorders (including crisis first aid for suicide); self-harm; anxiety and trauma-based disorders; eating and feeding disorders; and psychotic disorders. A comprehensive manual is included with the course fee. Instructor: Carla Betker – Interlake School Division, Psychologist.

4 Tuesdays January 14, 21 February 4, 11, 2020

6:00 – 9:30 p.m. at Stonewall Collegiate

Fee: \$50 (light snack provided)

To register please contact: Jocelyn Derksen at
coned@isd21.mb.ca