

MENTAL HEALTH TRAINING SERIES

3 options available to help support mental health in the workplace.



1. MENTAL HEALTH FIRST AID

2 day / 12 hour Certification course for both managers and employees.

Open and closed courses available.

Recognize the signs and symptoms:

- Substance-related disorders
- Mood disorders
- Depression and bipolar disorders
- Trauma/stress-related disorders
- Anxiety disorders
- Psychosis

Provide initial help to someone in crisis:

- Psychotic episodes
- Overdoses
- Panic attacks
- Reactions to trauma

How to guide a person towards appropriate professional help and promote recovery.

ALSO INCLUDES:

- Mental Health First Aid Manual
- Interactive group and partner work
- Certificate of participation from Mental Health First Aid Canada



2. KEEPING HEALTH IN MIND

Full Day / 6hr. workshop. Comprehensive education designed to help reduce stigma.

Closed courses only, min. 10 participants.

WHAT IS MENTAL HEALTH AND MENTAL ILLNESS?

- Mental Health at work
- Mind/Body connection
- Reducing the stigma
- Myths and Facts

Understanding the signs and symptoms:

- Substance-related disorders
- Mood disorders
- Psychotic disorders
- Trauma and stress related disorders
- Obsessive-compulsive and related disorders

ALSO INCLUDES:

- Interactive activities
- Certificate of participation from New Day Wellness

3. KEEPING HEALTH IN MIND

Half Day / 3hr. workshop. A simple and effective introduction to mental health.

Closed courses only, min. 10 participants.

WHAT IS MENTAL HEALTH AND MENTAL ILLNESS?

- Mental Health at work
- Mind/Body connection
- Reducing the stigma
- Myths and Facts
- How to talk about mental health

ALSO INCLUDES:

- Interactive activities
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CONTACT TO RESERVE

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