

# ***Mental Health First Aid - Adults Who Interact with Youth Course***

## ***Course Outline***

### **AIMS OF THE 14 HOUR COURSE**

- Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury.
- Provide initial help when facing a mental health problem or crisis.
- Guide youth and/or adults who support them toward appropriate professional help.
- Learn how to accommodate young people who are in distress or are recovering from a crisis.

The course covers 6 areas:

1. Mental health problems and stigma
2. Substance-related disorders
3. Mood-related disorders – depression, suicide, self-injury, and more
4. Anxiety and trauma-related disorders – anxiety and panic attacks, and more
5. Eating disorders
6. Psychotic disorders

**Date:** September 8-9, 2018

**Time:** 8:30am - 5:00pm

**Location:** Adventure Centre basement boardroom. 14205 109 Ave Edmonton, AB

**Cost:** **\$155** (includes manuals and materials, bring your own lunch)

Payable to 1<sup>st</sup> Blueberry Scouting by August 31<sup>st</sup>, 2018.