

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: January 12th & 13th, 2019

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)

Please contact Brenda Doroshuk at doroshukconst@xplornet.com to register.
or call 780-968-1947 for more information.

Hosted and payable to 1st Blueberry Scouting by December 31st, 2018.

Sincerely,

Brenda Doroshuk
Area Commissioner
Western Trails, NLC