

## **AMHSA to Address Mental Health with New Course**

Mental health continues to be an important discussion among Alberta employers, including municipalities. With the desire to understand mental health, municipalities are taking steps to implement resources that will help both employer and employees, such as first responders who may be at risk of post traumatic stress disorder (PTSD), identify and address psychological concerns.

AMHSA is creating opportunities to better understand these issues to help municipalities promote mental health awareness, and develop effective, flexible management systems for municipalities to address such issues.

We are pleased to announce that AMHSA will soon offer, **Mental Health First Aid**, a course from the Mental Health Commission of Canada. The course aims to increase awareness and decrease stigma, contributing to a more psychologically healthy workplace.

This course will be available to our members later this year.

If you would like to share your thoughts with us, or have questions, please contact Robyn at [robyn@amhsa.net](mailto:robyn@amhsa.net) or call our Corporate Office at 1.877.537.9063.