

FREE MENTAL HEALTH FIRST AID SUPPORTING YOUTH - VIRTUAL PROGRAM

10 hour certification program



Hello parents and guardians,

The Community Health Teams, in partnership with the IWK, are offering a **FREE online version of Mental Health First Aid (MHFA) Supporting Youth** via Zoom for Healthcare.

What is Mental Health First Aid (MHFA)?

Mental Health First Aid (MHFA) is help provided to a person who is showing signs of declining mental well-being or a mental health crisis. This course offering is designed for parents and guardians of children, ages 12 to 24. Other adults in volunteer/ unpaid roles, supporting youth, are also welcome.

You will Learn to:

- recognize signs that a young person may be experiencing a decline in their mental well-being or a mental health or a substance use crisis
- start conversations that encourage a young person to talk about a mental health or substance use problem
- discuss professional and other supports that could help with improved mental well-being
- assist in a mental health or substance use crisis situation
- check in with your own mental well-being and take action as needed

(Please see Page 2 for requirements)

Structure of the Online Program please note that participation in all is required:

Module 1: Self-directed module completed on your own between January 10-January 23 (*time to complete module is 1-2 hours*). On **January 10th** you will be emailed logistical information about the structure of the program and an access code.

- Go through educational material independently on the online platform
- Create a fictional youth scenario (personal) to be used in Module 2 and 3
- Complete a brief online quiz
- Once you complete the online quiz, you will email your certificate to the instructor (please email by **3:00 pm, Thursday, January 23rd** and you will be provided the link to attend modules 2 & 3.

Modules 2 & 3: Fridays, January 24 and January 31 from 9:00am-1:00pm

- 4 hours each. Virtual group-based classroom.

Is this program for you?

There are a **limited number of seats for this program**, so we ask that you **consider the following** before registering.

- Are you at least 16 years old?
- This offering of MHFA is intended for parents and guardians. Other adults in volunteer/ unpaid roles, supporting youth, are also welcome.
- It is not intended to be employee training.
- Do you have access to a computer/ laptop/ phone, high speed internet and webcam?
- Are you comfortable participating in an online program?
- Are you confident that you are able to attend all three sessions and complete the self-directed learning as outlined above? If participants know they will miss more than 30 minutes of module 2 or 3 they should not register.
- This is a very interactive program that requires active participation in the group (group discussions, cameras on, audio enabled). Are you willing to take part in group activities and discussions about Mental Health First Aid and are willing to have your camera on during the group? We recognize that individuals may have to turn cameras off periodically for streaming purposes or during breaks. You can let the instructor know a head of time.

If you said yes to all these questions and would like to take part in the program, register online at www.CommunityHealthTeams.ca