



Rideauwood

ADDICTION AND FAMILY SERVICES

If you've taken a physical first aid course;
you've learned skills
to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is
important to know how to provide help in these situations too.

Date: March 16-17th, 2020

Time: 9:00-4:00

Cost: \$200

Lunches and snacks incl.

Contact: Matt Young

613-724-4881 ext 240

myoung@rideauwood.org

Mental Health First Aid

This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders.

Designed for the lay-person this course has been well-received by mental health professionals and front line workers looking for crisis management and a refresher.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada

