



PRAIRIE MOUNTAIN HEALTH

**UNDER
STAND
MENTAL
HEALTH**



PUBLIC EDUCATION OPPORTUNITIES

MENTAL HEALTH FIRST AID	ASIST	SafeTALK
<p>Mental Health First Aid (MHFA) is the initial help provided to someone experiencing a mental health problem. There are two different courses—one that focuses on Adults who interact with Youth, and a Basic version focusing on adults.</p>	<p>ASIST (Applied Suicide Intervention Skills Training) is a 2-day, highly interactive, practical workshop for people who want to feel more comfortable, confident and competent in helping prevent the immediate risk of suicide.</p>	<p>SafeTALK is a 3-hour workshop that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.</p>
\$75	\$100	NO COST
<p>MENTAL HEALTH FIRST AID ADULTS WHO INTERACT WITH YOUTH 8:30—4:30 both days</p> <p><u>October 22-23, 2018</u> Dauphin Health Centre</p> <p><u>October 24-25, 2018</u> A.R. McDiarmid Civic Complex</p> <p><u>December 11-12, 2018</u> A.R. McDiarmid Civic Complex</p> <p><u>February 20-21, 2019</u> A.R. McDiarmid Civic Complex</p> <p><u>April 9-10, 2019</u> A.R. McDiarmid Civic Complex</p> <p><u>June 11-12, 2019</u> A.R. McDiarmid Civic Complex</p> <p>MHFA—First Nation version is offered in the Region by Tribal Health Services; for inquiries please call Shannon McKay at 204-622-9400</p>	<p>ASIST FULL COURSE 8:30—4:30 both days</p> <p><u>October 3-4, 2018</u> Brandon Town Centre—Home Care</p> <p><u>December 5-6, 2018</u> Brandon Town Centre—Home Care</p> <p><u>January 22-23, 2019</u> Ste. Rose Primary Health Care Centre</p> <p><u>February 5-6, 2019</u> Brandon Town Centre—Home Care</p> <p><u>April 24-25, 2019</u> Brandon Town Centre—Home Care</p> <p><u>May 15-16, 2019</u> Dauphin CHS-Boardroom A&B</p> <p><u>May 29-30, 2019</u> Swan River Health Centre-Boardroom</p> <p><u>June 4-5, 2019</u> Brandon Town Centre—Home Care</p>	<p>SAFETALK</p> <p><u>August 16, 2018</u> Starts at 1:00 pm Dauphin Community Health Boardroom A & B</p> <p>Registration required. Contact Cheryl Hulley 204-638-2136 chulley@pmh-mb.ca</p> <p>SAFETALK</p> <p><u>September 10, 2018</u> 5:30—8:30p.m. Elsbeth Reid Family Resource Centre-Brandon</p>
<p>BASIC MENTAL HEALTH FIRST AID 9:00—4:00 both days</p> <p><u>November 21-22, 2018</u> A.R. McDiarmid Civic Complex</p> <p><u>January 23-24, 2019</u> A.R. McDiarmid Civic Complex</p> <p><u>March 13-14, 2019</u> A.R. McDiarmid Civic Complex</p>	<p>ASIST TUNE-UP—NO COST Must have completed the 2 day ASIST 1:00—4:00 PM</p> <p><u>July 13, 2018 (CATC-Brandon)</u></p> <p><u>October 17, 2018 (Brandon-Public Health)</u></p> <p><u>January 4, 2019 (Brandon-RA office)</u></p> <p><u>May 2, 2019 (am & pm classes) (BRHC-Lecture Theatre Room NR248)</u></p> <p>**Telehealth offered May 2, 2019 PM ONLY**</p>	<p>Registration required. Contact Kaila to register...contact info below.</p> <p>Please note that SafeTALK will be offered throughout the year .</p> <p>Please check the PMH website or SPOT for advertising.</p>

If you wish to have a private workshops provided to your organization or group please contact Kaila Derhak at [204-578-2490](tel:204-578-2490) or kderhak@pmh-mb.ca for more information or to register. We will do our best to provide workshops in your area as the need arises. *minimum participant guidelines and instructor availability will be considered in providing workshops. Please check the PMH website or SPOT for advertising.

If you have experienced a loss by suicide in the past year, please notify Kaila and an ASIST facilitator will contact you.