



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>ADULTS WHO INTERACT WITH YOUTH 8:30—4:30 both days</p> <p><u>July 25-26, 2017</u> Brandon TC -Public Health</p> <p><u>August 24-25, 2017</u> Dauphin Health Centre</p> <p><u>October 24-25, 2017</u> Brandon TC-Public Health</p> <p><u>February 5-6, 2018</u> Dauphin Health Centre</p> <p><u>February 20-21, 2018</u> Brandon TC-Public Health</p> <p><u>April 17-18, 2018</u> Brandon TC-Public Health</p>	<p>ASIST FULL COURSE 8:30—4:30 both days</p> <p><u>September 19-20, 2017</u> Brandon TC-Public Health</p> <p><u>October 18-19, 2017</u> Dauphin Health Centre</p> <p><u>November 22-23, 2017</u> Swan River Health Centre</p> <p><u>December 18-19, 2017</u> Brandon TC-Public Health</p> <p><u>February 27-28, 2018</u> Brandon TC-Public Health</p> <p><u>April 24-25, 2018</u> Brandon TC-Public Health</p> <p><u>June 12-13, 2018</u> Brandon TC– Unit C9</p> <p>Brandon University Weekend session to be announced</p>	<p><u>September 7, 2017</u> 5:30-8:30 p.m. Elsbeth Reid Family Resource Centre-Brandon (Supper provided)</p> <p><u>Sep. 11, 2017</u> 5:00 –8:30 pm Dauphin Community Health Boardroom</p> <p><u>November 8, 2017</u> 9:00 am-12 pm Brandon Town Centre-Public Health office</p>
<p>BASIC MENTAL HEALTH FIRST AID 8:30—4:30 both days</p> <p><u>January 23-24, 2018</u> Brandon TC-Public Health</p> <p><u>March 13-14, 2018</u> Brandon TC-Regional Admin office</p>	<p>ASIST TUNE-UP—NO COST Must have completed the 2 day ASIST 1:00—4:00 PM</p> <p><u>July 19, 2017 (CATC-Brandon)</u> <u>September 13, 2017 (Brandon RA office)</u> <u>October 25 2017 (BRHC-Room 245-VCU7)</u> <u>January 3, 2018 (Brandon RA office)</u> <u>May 2, 2018 (am & pm classes) (BRHC-Room 245-VCU7)</u></p> <p>Telehealth available for tune-up workshops at some Rural Sites. Please contact Kaila for more details and availability.</p>	<p>Registration required. Contact Kaila. To register...contact info below.</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.

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