MENTAL HEALTH FIRST AID ESSENTIALS

Mental Health First Aid Essentials (MHFA) gives participants the skills to recognize, engage with and support someone experiencing a decline in their mental well-being or a mental health crisis. Participants will also explore the importance of their own mental health and well-being.

Through this course, participants will:

- Increase mental health awareness
- Understand stigma & barriers to helping
- Learn effective communication techniques
- Review mental health support resources
- Learn reflective self-awareness
- Learn how to use the 5-step (ALGES) action plan to provide support

When:
Saturday, Nov. 7th
8:30-4 p.m.
Seaforth Legion

Who Should Attend?

- Students 18+
- Parents & Caregivers
- Teachers & School Staff
- Coaches & Youth Leaders
- Community Members
- Workplace Teams

Register by **Nov. 2nd**
Limited spots available.

Registration is limited to individuals who are 18+ and who live or work within Huron East. This training is FREE, thanks to the generous support of the Municipality of Huron East.

For more info or to register, email
events@tannerstefflerfoundation.com

MUNICIPALITY OF Huron East
Tanner Steffler FOUNDATION
Ontario

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