



Mental Health First Aid - Seniors



Mental Health Commission of Canada
Commission de la santé mentale du Canada

Supporting the mental health of Canada’s aging population.

MHFA Seniors is an adaptation of the MHFA Basic course that is intended to increase the capacity of seniors, families (informal caregivers), friends, staff in care settings and communities to promote mental health in seniors, prevent mental illness and suicide wherever possible in seniors and intervene early when problems first emerge.

The curriculum was developed for the Mental Health Commission of Canada at Trillium Health Partners.

The workshop will teach participants to:

- ✓ Recognize the signs and symptoms of mental health problems.
- ✓ Provide initial help.
- ✓ Guide a person towards appropriate professional help.
- ✓ Apply crisis first aid skills for substance overdose, suicidal behaviour, panic attack, acute stress reaction, and psychotic episode.
- ✓ Improve their own mental health.

Our next public course offering for MHFA - Seniors will be held at
NLHHN, 77 Charter Avenue, St. John’s, NL on:

April 23 – 24, 2020 • 8:30 AM – 4:30 PM

Learn more and register at <https://cmhanl.info/training>.

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Canadian Mental Health Association
Newfoundland & Labrador
Mental health for all

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