



Canadian Mental
Health Association
Mental health for all



years of
community



Promote Mental Health in Your Workplace.
It's a Healthy Investment in Your Company.

CMHA-NL Workplace Training Menu

For information, or to register, please contact:

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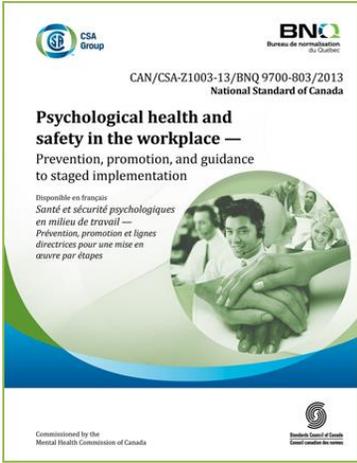
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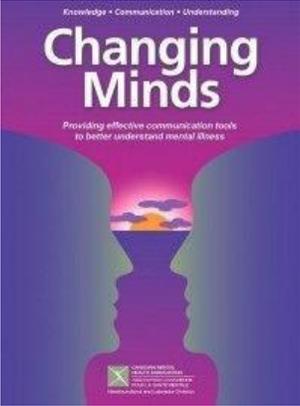


CMHA-NL WORKPLACE TRAINING MENU

Program/Activity	Description	Duration and Cost
<p>Applied Suicide Intervention Skills Training: ASIST</p> 	<p>This workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.</p> <p>Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. ASIST is an intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.</p>	<p>2–day (15-hour)</p> <p>\$185 per person</p>
<p>safeTALK</p> 	<p>safeTALK is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.</p> <p>safeTalk participants learn to:</p> <ul style="list-style-type: none"> ✓ Notice and respond to situations where suicide thoughts may be present. ✓ Recognize invitations for help that are often overlooked. ✓ Apply the TALK steps: Tell, Ask, Listen, Keep Safe. ✓ Connect someone with thoughts of suicide to appropriate community resources for further suicide-safer help. 	<p>3.5 hours</p> <p>\$50.00 per person</p>

Program/Activity	Description	Duration and Cost
 <p>Canadian Mental Health Association Newfoundland and Labrador</p> <p>CMHA Certified Psychological Health and Safety Advisor Training</p> 	<p>CMHA's Certified Psychological Health and Safety Advisor Training program will help individuals who are working to address the issue of mental health in workplaces by implementing the National Standard of Canada for Psychological Health and Safety in the Workplace. This in-demand certification provides employees, managers, and leaders with an intensive learning experience focused on eliminating barriers and building the case for a mentally healthy work environment. Employers will see those with this certification as skilled change-makers, having the practical expertise to help move organizational wellness strategies forward and implement the Standard in their workplaces.</p> <p>This certification training is geared towards a variety of individuals who may be tasked with addressing psychological health and safety in the workplace including professionals in human resources, occupational health and safety, health and wellness, or disability management. Leaders and organizational champions for mental health in the workplace are also encouraged to register.</p>	<p>2 Days (15 hours)</p> <p>\$1,250.00 per person</p> <p>\$1000.00 early bird registration rate</p>
<p>Mental Health First Aid Basic</p>   <p>Mental Health Commission of Canada Commission de la santé mentale du Canada</p> <p>Mental Health First Aid CANADA</p>	<p>Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.</p> <p>The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.</p> <p>This two day workshop with a participant's manual will teach participants to:</p> <ol style="list-style-type: none"> 1. Recognize the signs and symptoms of mental health problems. 2. Provide initial help. 3. Guide a person towards appropriate professional help. 	<p>2 Days (12 hours)</p> <p>\$175.00 per person</p>

Program/Activity	Description	Duration and Cost
<p data-bbox="109 170 573 232">Mental Health First Aid for Adults who Interact with Youth</p>   <p data-bbox="109 662 432 695">Mental Health First Aid CANADA</p>	<p data-bbox="663 170 1705 337">Mental Health First Aid for Adults who Interact with Youth focuses on the basics and more specifically on mental health problems and first aid for young persons aged 12–24. The course is designed for Teachers, Social Workers, Counsellors, Law Enforcement, Coaches, Babysitters, First Responders, Healthcare Providers, Community Leaders, Parents and Family Members.</p> <p data-bbox="663 370 1052 402">The aims of the course are to:</p> <ul data-bbox="720 443 1648 711" style="list-style-type: none"> • Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury. • Provide initial help when facing a mental health problem or crisis. • Guide youth and/or adults who support them toward appropriate professional help. • Learn how to accommodate young people who are in distress or are recovering from a crisis. 	<p data-bbox="1734 170 1980 203">2 Days (14 hours)</p> <p data-bbox="1734 235 2001 267">\$195.00 per person</p>
<p data-bbox="109 779 588 812">Mental Health First Aid for Seniors</p>   <p data-bbox="128 1260 487 1292">Mental Health First Aid CANADA</p>	<p data-bbox="663 779 1671 946">Mental Health First Aid Seniors trains participants to effectively respond to an emerging mental health problem or crisis, until the situation is resolved or appropriate treatment is found. Adults 65 years and over with mental health problems and illnesses can account for as many as one-quarter of emergency department visits.</p> <p data-bbox="663 979 1140 1011">The aims of this 14 hour training are:</p> <ul data-bbox="709 1052 1671 1312" style="list-style-type: none"> • Recognize the symptoms of mental health problems or crises as they develop. • Provide initial help when dealing with a mental health problem or crisis. • Guide a senior and/or caregiver toward appropriate professional help. • Provide strategies and resources to support both seniors and their caregivers • <p data-bbox="663 1320 1654 1385">Who should train in MHFA Seniors - Service Providers, Informal Caregivers, Family Members, Friends and Neighbours</p>	<p data-bbox="1734 779 1980 812">2 Days (14 hours)</p> <p data-bbox="1734 844 2001 876">\$195.00 per person</p>

Program/Activity	Description	Duration and Cost
<p>Changing Minds</p> 	<p>Changing Minds is an innovative, multi-use, mental illness education program. It was created to address a community need for mental health education, stigma reduction and to provide a better understanding of mental health and mental illness.</p> <p>This two day workshop highlights a practical hands-on model for front line intervention including complex mental health problems, mania and mood swings, psychosis and autism. The workshop also provides an in depth understanding of mental illness from the perspective of those with lived experience.</p>	<p>2 Days</p> <p>\$200.00 per person</p>
<p>Mental Health Works</p> 	<p>Mental Health Works is a nationally available program of the Canadian Mental Health Association that builds capacity within organizations to effectively address the many issues related to mental health in the workplace. This workshop is targeted towards managers, supervisors, Human Resource personnel and Occupational Health and Safety Representatives, and Union Representatives who are responsible for managing employees.</p> <p>This one day workshop:</p> <ol style="list-style-type: none"> 1. Promotes positive mental health for all, and effectively reduces the stigma around mental illnesses. 2. Teaches practical skills to help address mental health problems at work. 3. Provides a holistic understanding of mental health and mental illness. 4. The workshop is made up of four modules. The modules touch on awareness building, responding skills and collaborative change. 	<p>1 Day (7 hours)</p> <p>\$145.00 per person</p>

Program/Activity	Description	Duration and Cost
<p>Lunch and Learn Sessions</p>  <p>Work Place Mental Health Presentations</p>	<ul style="list-style-type: none"> • Anxiety • Depression • Workplace Stress • Life Work Balance • Respectful Workplaces 	<p>1 hour sessions</p> <p>\$200.00 up to 25 people.</p>
<p>Customized Training Design</p> 	<p>With our extensive network of subject matter experts across the country, CMHA is equipped to design a customized training experience for any organization, tailored to the unique learning needs of employees, people leaders, managers, or executives. Formats could include one-on-one, large group, small group, train-the-trainer, or webinar.</p> <p>Topics range from a basic understanding of mental health and illness in the workplace, to advanced topics for leaders like strategy development, emotional intelligence, and leading with vulnerability.</p>	<p>Negotiable</p>



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