



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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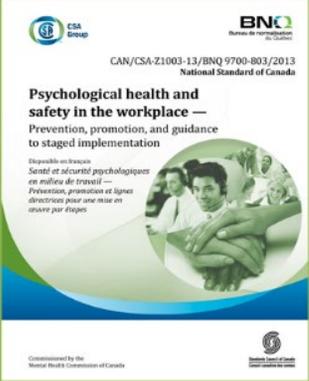
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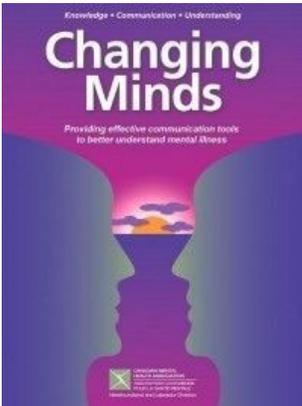
[www.cmhanl.ca](http://www.cmhanl.ca)

**CMHA-NL WORKPLACE TRAINING MENU**

Program/Activity	Description	Duration and Cost
<p><b>Applied Suicide Intervention Skills Training: ASIST</b></p>  <p><b>ASIST</b></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><b>2–day (15-hour)</b></p> <p><b>\$185 per person</b></p>
<p><b>safeTALK</b></p>  <p><b>safeTALK</b></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"> <li>✓ Notice and respond to situations where suicide thoughts may be present.</li> <li>✓ Recognize invitations for help that are often overlooked.</li> <li>✓ Apply the TALK steps: Tell, Ask, Listen, Keep Safe.</li> <li>✓ Connect someone with thoughts of suicide to appropriate community resources for further suicide-safer help.</li> </ul>	<p><b>3.5 hours</b></p> <p><b>\$50.00 per person</b></p>
<p><b>Lunch &amp; Learn Sessions</b></p>  <p><b>Workplace Mental Health Presentations</b></p>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Workplace Stress</li> <li>• Life Work Balance</li> <li>• Respectful Workplaces</li> </ul>	<p><b>1-hour sessions</b></p> <p><b>\$200.00 up to 25 people.</b></p>

Program/Activity	Description	Duration and Cost
 <p><b>Canadian Mental Health Association</b> Newfoundland and Labrador</p> <p><b>CMHA Certified Psychological Health and Safety Advisor Training</b></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><b>2 Days (15 hours)</b></p> <p><b>\$1,250.00 per person</b></p> <p><b>\$1000.00 early bird registration rate</b></p>
<p><b>Mental Health First Aid Basic</b></p>   <p>Mental Health Commission of Canada    Commission de la santé mentale du Canada</p> <p><b>Mental Health First Aid CANADA</b></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"> <li>1. Recognize the signs and symptoms of mental health problems.</li> <li>2. Provide initial help.</li> <li>3. Guide a person towards appropriate professional help.</li> </ol>	<p><b>2 Days (12 hours)</b></p> <p><b>\$175.00 per person</b></p>

Program/Activity	Description	Duration and Cost
<p data-bbox="50 170 583 232"><b>Mental Health First Aid for Adults who Interact with Youth</b></p>   <p data-bbox="149 591 352 646">Mental Health Commission of Canada    Commission de la santé mentale du Canada</p> <p data-bbox="50 664 375 695"><b>Mental Health First Aid</b> CANADA</p>	<p data-bbox="709 170 1717 334">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="709 371 1098 399">The aims of the course are to:</p> <ul data-bbox="766 443 1696 711" style="list-style-type: none"> <li>• Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury.</li> <li>• Provide initial help when facing a mental health problem or crisis.</li> <li>• Guide youth and/or adults who support them toward appropriate professional help.</li> <li>• Learn how to accommodate young people who are in distress or are recovering from a crisis.</li> </ul>	<p data-bbox="1749 170 1997 201"><b>2 Days (14 hours)</b></p> <p data-bbox="1749 237 2018 267"><b>\$195.00 per person</b></p>
<p data-bbox="50 779 533 812"><b>Mental Health First Aid for Seniors</b></p>   <p data-bbox="174 1179 405 1240">Mental Health Commission of Canada    Commission de la santé mentale du Canada</p> <p data-bbox="71 1260 432 1295"><b>Mental Health First Aid</b> CANADA</p>	<p data-bbox="709 784 1717 948">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="709 985 1188 1013">The aims of this 14 hour training are:</p> <ul data-bbox="758 1053 1717 1308" style="list-style-type: none"> <li>• Recognize the symptoms of mental health problems or crises as they develop.</li> <li>• Provide initial help when dealing with a mental health problem or crisis.</li> <li>• Guide a senior and/or caregiver toward appropriate professional help.</li> <li>• Provide strategies and resources to support both seniors and their caregivers</li> <li>•</li> </ul> <p data-bbox="709 1320 1692 1382">Who should train in MHFA Seniors - Service Providers, Informal Caregivers, Family Members, Friends and Neighbours</p>	<p data-bbox="1749 784 1997 815"><b>2 Days (14 hours)</b></p> <p data-bbox="1749 850 2018 881"><b>\$195.00 per person</b></p>

Program/Activity	Description	Duration and Cost
<p data-bbox="50 201 638 233"><b>Mental Health First Aid –Standard (Virtual)</b></p> 	<p data-bbox="709 185 1701 282">Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. Course participants will learn how to:</p> <ul data-bbox="709 302 1701 672" style="list-style-type: none"> <li>Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis</li> <li>Have conversations that encourage a person to: Talk about declines in their mental well-being</li> <li>Discuss professional and other supports that could help with recovery to improved mental well-being</li> <li>Reach out to these supports</li> </ul> <p data-bbox="709 607 1478 672">Assist in a mental health or substance use crisis Use MHFA actions to maintain one’s own mental well-being</p>	<p data-bbox="1751 217 2053 672"><b>This 8-hour course opens with a 2 hour self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the two 3-hour virtual classroom modules (Modules 2 and 3).</b></p> <p data-bbox="1751 737 1948 769"><b>Cost: \$200.00</b></p>
<p data-bbox="50 932 302 964"><b>Changing Minds</b></p> 	<p data-bbox="709 932 1688 1062">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 data-bbox="709 1101 1659 1263">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 data-bbox="1751 932 1848 964"><b>2 Days</b></p> <p data-bbox="1751 997 2016 1029"><b>\$200.00 per person</b></p>

Program/Activity	Description	Duration and Cost
<p data-bbox="50 175 340 203"><b>Mental Health Works</b></p> 	<p data-bbox="709 175 1717 370">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 data-bbox="709 407 1018 435">This one day workshop:</p> <ol data-bbox="758 475 1703 703" style="list-style-type: none"> <li>1. Promotes positive mental health for all, and effectively reduces the stigma around mental illnesses.</li> <li>2. Teaches practical skills to help address mental health problems at work.</li> <li>3. Provides a holistic understanding of mental health and mental illness.</li> <li>4. The workshop is made up of four modules. The modules touch on awareness building, responding skills and collaborative change.</li> </ol>	<p data-bbox="1751 175 1965 203"><b>1 Day (7 hours)</b></p> <p data-bbox="1751 240 2018 267"><b>\$145.00 per person</b></p>
<p data-bbox="50 914 485 941"><b>Customized Training Design</b></p> 	<p data-bbox="709 914 1682 1076">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 data-bbox="709 1114 1682 1211">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 data-bbox="1751 914 1902 941"><b>Negotiable</b></p>

Program/Activity	Description	Duration and Cost
 <p>Canadian Mental Health Association Mental health for all</p>  <p>Resilient Minds™</p> <p><b>Resilient Minds™</b> <b>Building the Psychological Strength of Fire Fighters</b></p>	<p>An evidence informed, peer-to-peer, skill-building program designed by and for career and volunteer fire fighters across Canada.</p> <p><b>The Resilient Minds program will increase ability to:</b></p> <ul style="list-style-type: none"> <li>• Recognize effects of psychological stress/trauma in self and peers</li> <li>• Communicate with peers who may be struggling</li> <li>• Respond promptly, safely and appropriately to distressed citizens</li> <li>• Apply personal strategies for managing stress, mitigating trauma and boosting resilience</li> </ul> <p>Interested in bringing the Resilient Minds program to your department? To schedule a <a href="#">Train-the-Trainer</a> or <a href="#">Resilient Minds Course</a> for your department or region, please contact John Dinn at <a href="mailto:jdinn@cmhanl.ca">jdinn@cmhanl.ca</a></p>	<p><b>An in person or virtual Resilient Minds Course is approximately 8 hours</b></p> <p><b>\$100.00 per participant</b></p>
 <p>Engaging Employees in Mental Wellness Engager les employés dans le bien-être mental</p> <p><b>Co-Workers   Les collègues</b> <b>First   D'abord</b></p>	<p>This training is designed to provide leaders within a workplace-environment with the necessary information and strategies to build positive mental health for all employees while effectively supporting individual employees with mental health concerns.</p> <p>The program is divided into the following 4 modules:</p> <ol style="list-style-type: none"> <li>1) Exploring the Mental Health Continuum - Mental Health &amp; Mental Illness, The Continuum, Understanding Stigma, Addiction and Mental Health &amp; Vulnerability.</li> <li>2) Mental Health &amp; Illness in the Workplace - Workplace Mental Health, Workplace Stress, The Stress Response, Work-Life Balance.</li> <li>3) Practical Strategies for Support and Communication- Effective Communication, Strategies to Provide Support, Flexibility &amp; Accommodations, Healthy Work Environments and</li> <li>4) Burnout/Crisis, Suicide, and Community Resources- Preventing Crisis and Suicide, Addressing Burnout, Self-Care Community Resources, Questions, Evaluations</li> </ol>	<p><b>8 hours</b></p> <p><b>\$125.00</b></p>