



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

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CMHA-NL WORKPLACE TRAINING MENU

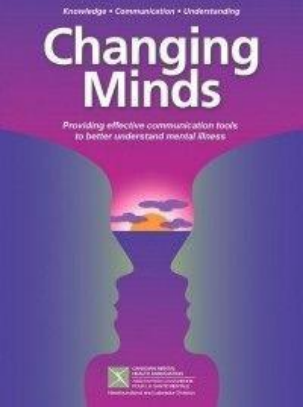

Program/Activity	Description	Duration and Cost
<p>Applied Suicide Intervention Skills Training: ASIST</p>  <p>ASIST</p>	<p>This workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.</p> <p>Just as “CPR” skills make physical 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</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>
<p>Lunch & Learn Sessions</p>  <p>BE MIND FULL CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918</p> <p>Workplace 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>


Program/Activity	Description	Duration and Cost
<p data-bbox="50 168 453 198">Mental Health First Aid Basic</p>  <p data-bbox="159 526 390 587">Mental Health Commission of Canada / Commission de la santé mentale du Canada</p> <p data-bbox="50 610 420 646">Mental Health First Aid CANADA</p>	<p data-bbox="667 168 1701 334">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 data-bbox="667 370 1709 470">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 data-bbox="667 506 1650 535">This two day workshop with a participant’s manual will teach participants to:</p> <ol data-bbox="718 571 1579 672" 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 data-bbox="1747 168 1986 198">2 Days (12 hours)</p> <p data-bbox="1747 233 2007 263">\$175.00 per person</p>
<p data-bbox="50 808 579 873">Mental Health First Aid for Adults who Interact with Youth</p>  <p data-bbox="147 1227 348 1289">Mental Health Commission of Canada / Commission de la santé mentale du Canada</p> <p data-bbox="50 1302 373 1338">Mental Health First Aid CANADA</p>	<p data-bbox="667 808 1709 974">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="667 1010 1062 1039">The aims of the course are to:</p> <ul data-bbox="726 1075 1659 1354" 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="1747 808 1986 837">2 Days (14 hours)</p> <p data-bbox="1747 873 2007 902">\$195.00 per person</p>

Program/Activity	Description	Duration and Cost
<p data-bbox="50 170 533 199">Mental Health First Aid for Seniors</p>   <p data-bbox="71 651 432 683">Mental Health First Aid CANADA</p>	<p data-bbox="669 170 1680 337">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="669 375 1146 404">The aims of this 14 hour training are:</p> <ul data-bbox="722 443 1682 670" 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="669 708 1654 769">Who should train in MHFA Seniors - Service Providers, Informal Caregivers, Family Members, Friends and Neighbours</p>	<p data-bbox="1749 170 1986 199">2 Days (14 hours)</p> <p data-bbox="1749 237 2007 266">\$195.00 per person</p>
<p data-bbox="50 872 609 901">Mental Health First Aid Standard – Virtual</p>   <p data-bbox="50 1273 312 1302">Mental Health First Aid CANADA</p>	<p data-bbox="669 860 1719 956">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> <p data-bbox="669 977 1661 1039">Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis</p> <p data-bbox="669 1060 1650 1122">Have conversations that encourage a person to: Talk about declines in their mental well-being</p> <p data-bbox="669 1143 1602 1205">Discuss professional and other supports that could help with recovery to improved mental well-being</p> <p data-bbox="669 1226 1037 1255">Reach out to these supports</p> <p data-bbox="669 1292 1440 1354">Assist in a mental health or substance use crisis Use MHFA actions to maintain one’s own mental well-being</p>	<p data-bbox="1749 860 2039 1292">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).</p> <p data-bbox="1749 1362 1934 1391">Cost: \$200.00</p>

Program/Activity	Description	Duration and Cost
<p data-bbox="50 168 642 228">Mental Health First Aid Supporting Youth - Virtual</p>  <p data-bbox="50 643 338 672">Mental Health First Aid CANADA</p>	<p data-bbox="667 152 1713 318">Mental Health First Aid (MHFA) Supporting Youth is the help provided to a person who may be experiencing a decline in their mental well-being or who might be in a crisis. The course is designed for adults who have frequent contact with young people, for example, parents and guardians, teachers and other school staff, sports coaches, and youth workers.</p> <p data-bbox="667 337 1157 370">Course participants will learn how to :</p> <p data-bbox="667 389 1661 451">Recognize signs that a young person may be experiencing a decline in their mental well-being or who might be in a mental health or substance use crisis</p> <p data-bbox="667 470 1671 532">Have conversations that encourage a young person to talk about their mental well-being</p> <p data-bbox="667 552 1604 613">Discuss professional and other supports that could help with recovery to improved mental well-being</p> <p data-bbox="667 633 1037 662">Reach out to these supports</p> <p data-bbox="667 695 1581 756">Assist in a mental health or substance use crisis situation. Check in with one's own mental well-being and take action as needed.</p> <p data-bbox="667 792 1633 893">Upon registration, participants receive a link to the “MHFA Reference Guide” that outlines MHFA actions for developing mental health and substance use problems, and mental health crises.</p>	<p data-bbox="1747 168 2032 571">This 10-hour course opens with a 2-hour self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practise throughout the virtual classroom modules (Modules 2 and 3).</p> <p data-bbox="1747 620 1934 652">Cost: \$200.00</p>
 <p data-bbox="50 1058 638 1166">Resilient Minds™ Building the Psychological Strength of Fire Fighters</p>	<p data-bbox="667 932 1692 993">An evidence informed, peer-to-peer, skill-building program designed by and for career and volunteer fire fighters across Canada.</p> <p data-bbox="667 1029 1394 1062">The Resilient Minds program will increase ability to:</p> <ul data-bbox="718 1097 1661 1263" style="list-style-type: none"> • Recognize effects of psychological stress/trauma in self and peers • Communicate with peers who may be struggling • Respond promptly, safely and appropriately to distressed citizens • Apply personal strategies for managing stress, mitigating trauma and boosting resilience <p data-bbox="667 1299 1717 1399">Interested in bringing the Resilient Minds program to your department? To schedule a Train-the-Trainer or Resilient Minds Course for your department or region, please contact John Dinn at jdinn@cmhanl.ca</p>	<p data-bbox="1747 932 2053 1058">An in person or virtual Resilient Minds Course is approximately 8 hours</p> <p data-bbox="1747 1094 2053 1127">\$100.00 per participant</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 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>

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<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 \$200.00 per person</p>
 <p>Co-Workers First Les collègues D'abord</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"> 1) Exploring the Mental Health Continuum - Mental Health & Mental Illness, The Continuum, Understanding Stigma, Addiction and Mental Health & Vulnerability. 2) Mental Health & Illness in the Workplace - Workplace Mental Health. Workplace Stress, The Stress Response, Work-Life Balance. 3) Practical Strategies for Support and Communication- Effective Communication, Strategies to Provide Support, Flexibility & Accommodations, Healthy Work Environments and 4) Burnout/Crisis, Suicide, and Community Resources- Preventing Crisis and Suicide, Addressing Burnout, Self-Care Community Resources, Questions, Evaluations 	<p>8 hours \$125.00</p>

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<p data-bbox="50 172 485 207">Customized Training Design</p> 	<p data-bbox="669 172 1724 337">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="669 375 1692 472">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="1749 172 1892 207">Negotiable</p>

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