

The CDLC is offering a virtual
**Mental Health
First Aid Course**

Free of charge to a
maximum of 15 people.

If we receive more than 15 interested participants, we will draw for those who can attend. This is a great tool and educational opportunity to CDLC members only.

Wednesday, March 6th, 2024
8 am - 4 pm

The virtual course includes:

- One, 2-hour, self-directed module (Module 1) to be done before the course begins
- Two, 3-hour, virtual classroom modules (Modules 2 and 3)

The zoom link and other details will be sent to the class participants only, by MHFA.

What is Mental Health First Aid...

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 recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis and encourage that person to:

- Talk about declines in their mental well-being
- Discuss professional and other supports that could help with recovery to improved mental well-being
- Reach out to these supports
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being

*Certificate Course facilitated by The Mental Health Commission of Canada who have trained more than 500,000 Canadians since 2007
Go to mhfa.ca for their information.*

Please make sure you are able to commit to all the modules before entering draw.

To enter your name in the participation draw, email admin@thecdcl.ca with the following:

1. Your name
2. Union Local
3. Email address

Only those who are drawn will be contacted by February 14, 2024