



The CDLC is offering a virtual

Mental Health First Aid Course



CANADIAN LABOUR CONGRESS

Wednesday, October 16, 2024 | 8am – 4pm

Free of charge to a maximum of 15 people.

Mental Health First Aid Canada



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.

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

DEADLINE SEPT. 24, 2024!!

ONLY those who are drawn will be contacted by Sept. 25th.

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



This 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.