

# WORKPLACE WELLNESS

QNET presents:

## Mental Health First Aid Workshop

**Two day workshop: Mondays, April 20 & 27 - 8:15 a.m. to 4:15 p.m.**

**Location: QNET – Suite 660, 175 Hargrave Street, Winnipeg**

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

*If I sprain my ankle, chances are you'll know what to do. If I have a panic attack, chances are you won't.*

In a recent major Canadian study, 82% of responding organizations ranked mental health conditions in their top three causes of short term disability (72% for long-term). 30% of all short and long term disability claims are due to mental health problems and illnesses.

*1 in 5 Canadians will be living with a mental health problem this year.*

Training outcomes: significantly greater recognition of the most common mental health illnesses and problems; decreased social distance from people with mental health illnesses or problems; increased confidence in providing help to others; increase in helpful actions.



*MHFA is the help provided to a person developing a mental health problem or experiencing a mental health crisis. More than 300,000 Canadians have been trained since 2007. In the workplace, MHFA can help you recognize signs and symptoms among colleagues and clients.*

MHFA Basic is intended for adults interacting with adults. This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. It also provides Crisis First Aid Interventions for Overdose, Suicidal behavior, Panic attacks, Psychotic episode and Acute stress reaction. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities and workplaces.

### Facilitator: Leah Hes, O.T Reg. (MB), Rehabilitation Specialist, HEB Manitoba

As an Occupational Therapist working primarily in long term disability case management, Leah has the privilege of providing supportive, strength based rehab services to individuals returning to work following illness or injury. It is through working with so many amazing, resilient clients that her passion for mental health immersed, particularly with respect to mental health issues in the workplace. Mental Health First Aid has provided Leah with the opportunity to not only open up the conversation around mental health in her own workplace but also provide concrete, helpful strategies to those she has trained.

### This workshop is:

- An optional course in the 70 credit hour QNET Certificate in Management Development (CMD).
- Eligible for credit in the CAM:OE (Certificate in Applied Management: Organizational Effectiveness) in partnership with the University of Manitoba, Continuing Education.
- Presented by QNET in partnership with APICS, Manitoba Aerospace and Manitoba Education & Training

### Fee: (includes a light lunch)

- \$ 329.00 + GST for Members of QNET / APICS / MB Aerospace
- \$ 389.00 + GST for Non-Members

**REGISTER ONLINE at [www.qnet.ca](http://www.qnet.ca)**



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