



# PRAIRIE MOUNTAIN HEALTH

**UNDER  
STAND  
MENTAL  
HEALTH**



## PUBLIC EDUCATION OPPORTUNITIES

MENTAL HEALTH FIRST AID	ASIST	SafeTALK
<p><b>Mental Health First Aid (MHFA)</b> is the initial help provided to someone experiencing a mental health problem. There are two different courses—one that focuses on Adults who interact with Youth, and a Basic version focusing on adults.</p>	<p><b>ASIST</b> (Applied Suicide Intervention Skills Training) is a 2-day, highly interactive, practical workshop for people who want to feel more comfortable, confident and competent in helping prevent the immediate risk of suicide.</p>	<p><b>SafeTALK</b> is a 3-hour workshop 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><i>PRAIRIE MOUNTAIN HEALTH -COMMUNITY MENTAL HEALTH IS FOLLOWING THE PUBLIC HEALTH AGENCY OF CANADA’S COVID-19 GUIDELINES RELATED TO PROTECTIVE MEASURES IN PLANNING PUBLIC EDUCATION WORKSHOPS. THEREFORE THIS MAY RESULT IN CHANGES TO THIS PUBLIC EDUCATION SCHEDULE.</i></p>		
\$100	\$125	NO COST
<p><b>Adults who Interact with Youth</b> 8:30—4:30 both days</p> <p><u>October 27-28, 2021</u> Brandon Town Centre-Unit C9</p> <p><u>January 19-20 2022</u> Brandon Town Centre-Unit C9</p> <p><u>March 16-17, 2022</u> Brandon Town Centre-Unit C9</p>	<p><b>ASIST FULL COURSE</b> 8:30—4:30 both days</p> <p><u>October 20-21, 2021</u> Brandon Town Centre-Unit C9</p> <p><u>October 26-27, 2021</u> Dauphin CHS-Boardroom A&amp;B</p> <p><u>November 17-18, 2021</u> Brandon Town Centre-Unit C9</p> <p><u>November 23-24, 2021</u> Swan Valley Health Centre SVHS Boardroom</p> <p><u>February 23-24, 2022</u> Brandon Town Centre-Unit C9</p> <p><u>May 25-26, 2022</u> Brandon Town Centre-Unit C9</p>	<p><b>SafeTalk Workshops</b> 5:30-8:30</p> <p><u>November 17, 2021</u> Elspeth Reid Family Resource Centre-Brandon</p> <p><u>January 12, 2022</u> Elspeth Reid Family Resource Centre-Brandon</p> <p><u>March 9, 2022</u> Elspeth Reid Family Resource Centre-Brandon</p>
<p><b>BASIC MENTAL HEALTH FIRST AID</b> 9:00—4:00 both days</p> <p><u>January 26-27, 2022</u> Brandon Town Centre-Unit C9</p> <p><u>April 27-28, 2022</u> Brandon Town Centre-Unit C9</p>	<p><b>ASIST TUNE-UP—NO COST</b> Must have completed the 2 day ASIST</p> <p><b>COURSE DATES TO BE ANNOUNCED</b></p>	

If you wish to have a private workshops provided to your organization or group please contact Kaila Derhak at [204-578-2490](tel:204-578-2490) or [kderhak@pmh-mb.ca](mailto:kderhak@pmh-mb.ca) for more information or to register for ASIST/MHFA workshops. We will do our best to provide workshops in your area as the need arises. \*minimum participant guidelines and instructor availability will be considered in providing workshops.

**If you have experienced a loss by suicide in the past year, please notify Kaila and an ASIST facilitator will contact you.**