

Free Mental Health First Aid for Seniors Training

This course is usually 300\$ to register- Alberta Health Service is providing it free for Bow Valley Residents!

When: Monday, June 10th, Tuesday, June 11th 8:30am-4:30pm both days are mandatory in order to complete course
Registration Opens: Monday, May 6th, 2019
How to Register: Please email: community.wellness@banff.ca
Or call 403-762-1119

****Held in Banff- Location given at time of registration****

Why take Mental Health First Aid Seniors training? 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.

AIM OF THE 14 HOUR TRAINING

- 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

TOPICS COVERED

- Seniors
- Mental Health First Aid
- Substance-related disorders
- Mood-related disorders
- Anxiety and trauma-related disorders
- Dementia
- Delirium
- Psychosis

CRISIS FIRST AID INTERVENTIONS FOR

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode
- Delirium

Who should take Mental Health First Aid Seniors?

- Volunteer or staff member at a senior-serving organization
- Staff member or volunteer at a community-serving organization
- Spouse, partner, family member
- Seniors
- Friends and neighbors of senior(s)
- Caregiver (paid or unpaid) to a senior(s)

