

MENTAL HEALTH FIRST AID

2-DAY CERTIFICATION



ABOUT US

TOTAL Safety Management is one of Ontario's leading Health and Safety training organizations.

This two-day evidence-based program provides participants with the knowledge and skills to recognize changes in mental health and provide support for declining mental health and crisis situations.

WHY CHOOSE US?

- QUALIFIED
- ACCREDITED
- EXPERIENCED

Train With the Best!

TOPICS COVERED:

- ✓ Signs of Declining Mental Health
- ✓ Mental Health Challenges
- ✓ Support Strategies & Awareness
- ✓ Barriers, Stigma & Labelling
- ✓ Principles of ALGES
- ✓ Effective Communications
- ✓ Dealing with a MH Crisis
- ✓ Personal Safety & Self-Care

MORE INFORMATION :



519-428-9494



totalsafetymanagement.ca



info@totalsafetymanagement.ca



REGISTER TODAY