

# 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](http://totalsafetymanagement.ca)
-  [info@totalsafetymanagement.ca](mailto:info@totalsafetymanagement.ca)



**REGISTER TODAY**