

# MENTAL HEALTH FIRST AID

## 1-DAY ESSENTIALS



### ABOUT US

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

This one-day, streamlined course 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
- ✓ Effective Communications
- ✓ Personal Safety & Self-Care

### MORE INFORMATION :

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**REGISTER TODAY**