

Attention Service  
Providers Working  
with Victims of Crime



Gain Skills.  
Increase your impact.

Become certified in Mental Health First Aid.

**Mental Health First Aid (MHFA)** is the help provided to someone developing a mental health problem or experiencing a mental health crisis. This training will provide you with information and tools to help with the recognition of common mental health problems. You will learn how to recognize the signs and symptoms of mental health problems, provide initial help, and guide a person towards appropriate professional help.

The 12-hour evidence-based **MHFA** course discusses the following:

- Substance related disorders
- Mood disorders
- Anxiety disorders
- Psychotic disorders

The **MHFA** course provides crisis first aid intervention skills for:

- Overdose
- Suicidal behavior
- Panic attack
- Psychotic episode
- Acute stress reaction

Since 2007, over 140,000 Canadians have been trained in **Mental Health First Aid** with positive outcomes:

- Significantly greater recognition of the most common mental health illnesses and problems
- Decreased social distance from people with mental health illnesses or problems
- Increased confidence in providing help to others
- Demonstrated increase in help actually provided

For more information and to register contact:

Julie Burton

National Program Coordinator

1-866-989-3985

[www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

[mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca)

The **MHFA** course is available to staff in Victim Services Programs (police-based and community-based) and Violence Against Women Programs (Stopping the Violence Counselling Program, Children Who Witness Abuse Counselling Program, Outreach Services Program, and Multi-cultural Outreach Services Program).

Registration is limited to 24 participants per course. First come first served.

This course is being made available through funding from the Department of Justice Victims Fund at no charge to service providers.

Modest travel funds will be available for participants who do not live in a host community.

Courses are coming up across the province. To find course offerings in your area, visit [www.mhfa.ca](http://www.mhfa.ca) and click on BC.

**Mental Health  
First Aid** CANADA





## **Mental Health First Aid**

# **Mental Health First Aid Basic Course**

In partnership with the Mental Health First Aid Canada, the Victim Services and Crime Prevention Division (VSCPD) is offering victim service workers and violence against women workers the opportunity to receive Mental Health First Aid (MHFA) in person training. Funding for this course is being made available through the Department of Justice Victims Fund. Registration is limited to 24 participants per course. Modest travel funds will be available for participants who do not live in a host community.

### **ELIGIBILITY REQUIREMENTS**

The training will be available to support workers that meet the following requirements:

- Provide support to victims and work for a Community Safety and Crime Prevention Branch Violence Against Women Program or Victim Service Program
- Have consent to take the training from their employer

### **FREQUENTLY ASKED QUESTIONS:**

#### ***Who is eligible to apply?***

Qualifying applicants include support workers from victim service programs and violence against women programs who have consent from their employer to take the training.

#### ***Does it cost money to take the training?***

Through funds provided by the federal Department of Justice Victims Fund, the Community Safety and Crime Prevention Branch will pay the course registration fee and modest travel expenses for participants who do not live in a host community, but will not cover any additional costs associated with taking the training, (i.e.: worker time).

#### ***Will I receive a certificate of completion?***

All participants who complete the full training (12 hours course) will receive a certificate of completion from Mental Health First Aid Canada.

### **CONTACT INFORMATION:**

For more information contact:

#### **Julie Burton**

National Program Coordinator

1-866-989-3985

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# Mental Health First Aid

## Participant Registration Form

Please complete the information below and return this form to MHFA Canada via email [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca) or fax 613-683-3900.

<b>First and Last Name:</b>	
<b>Work Email:</b>	
<b>Phone Number:</b>	
<b>Organization Name:</b>	
<b>Type of Organization:</b>	<input type="checkbox"/> Victim Service Program <input type="checkbox"/> Violence Against Women Program
<b>Communities you work in:</b>	
<b>Preferred Course Date and Location:</b>	<input type="checkbox"/> Kelowna - September 30 – October 1, 2015 <input type="checkbox"/> Kamloops – October 6-7, 2015 <input type="checkbox"/> Vancouver – October 7-8, 2015 <input type="checkbox"/> Courtenay – October 7-8, 2015 <input type="checkbox"/> Fort St John - October 19-20, 2015 <input type="checkbox"/> Victoria – October 21-22, 2015 <input type="checkbox"/> Terrace – October 27-28, 2015 <input type="checkbox"/> Surrey – October 27-28, 2015 <input type="checkbox"/> Prince George – November 3-4, 2015
<b>Eligibility Requirements:</b>	<p>In order to be eligible for enrollment in this training, registrants must meet all of the following requirements:</p> <input type="checkbox"/> Must be employed by one of the Victim Services and Crime Prevention Division's contracted Victim Service Programs (Community-based or Police-based) or Violence Against Women Programs (Stopping the Violence, Children Who Witness Abuse, Outreach Services or Multicultural Outreach Services Program) <input type="checkbox"/> Must have approval from their employer
<b>Dietary restrictions:</b>	
<b>Special needs (i.e.: visual impairment, mobility)</b>	

# Mental Health First Aid

## Declaration

### To be signed by the applicant:

- The information contained in this registration form is accurate and complete.

Name of applicant	
Title	
Signature	
Date	

- ***Registration is limited to 24 participants per location. First come first served.***
- ***You will receive a confirmation email once your registration has been processed.***
- ***Full details regarding times and location will be sent to all participants prior to course start date.***

If you have any questions regarding this form, please call MHFA at 1-866-989-3985.