



Mental Health First Aid Canada
Premiers soins en santé mentale



Mental Health First Aid for Seniors (In-Person)

The MHFA Seniors is an adaptation of the MHFA Basic course. It is a 2-day course that is intended to increase the capacity of seniors, families (informal caregivers), friends, staff in care settings and communities to promote mental health in seniors, prevent mental illness and suicide wherever possible in seniors and intervene early when problems first emerge.

Topics Include:

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

Crisis First Aid Skills Learned

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

Who should attend MHFA Seniors?

Service providers and informal caregivers, including: spouse/partner, family, friends and neighbours

March 30th and 31st: 8:30 am - 4:30 pm (both days) by Alzheimer's Society for Dufferin County
25 Centennial Road, Unit 1, Orangeville, L9W 1R1

Course Fees: \$25.00 (includes the manual)

To Register: <https://www.eventbrite.ca/e/mental-health-first-aid-mhfa-seniors-tickets-538012980307>

OR

April 19th and 20th: 8.30am – 4.30pm (both days) by CW LHIN 199 County Court Blvd. Brampton,
Brampton Room

Course Fees: \$25.00 (includes manual)

To Register: <https://www.eventbrite.ca/e/mental-health-first-aid-mhfa-seniors-tickets-539729354027>

For further information regarding this course please contact:

Lynn.Winnett@hccontario.ca Tel. +1 905 796 0040 x 7159 OR Cell. (289) 325-4589