



# MENTAL HEALTH FIRST AID SENIORS

## Supporting the mental health of Canada's aging population

Mental Health First Aid Seniors trains participants to effectively respond to an emerging mental health problem or crisis, until the situation is resolved or appropriate treatment is found.

### AIMS OF THE 14 HOUR TRAINING

- ▶ Recognize the symptoms of mental health problems or crises as they develop
- ▶ Provide initial help when dealing with a mental health problem or crisis
- ▶ Guide a senior and/or caregiver toward appropriate professional help
- ▶ Provide strategies and resources to support both seniors and their caregivers



"[Mental Health First Aid Seniors] was a real eye-opener for me. I learned so much. I will now have a more open view on what a substance-related disorder could be."



### TOPICS COVERED

- ▶ Seniors
- ▶ Mental Health First Aid
- ▶ Substance-Related Disorders
- ▶ Mood-Related Disorders
- ▶ Anxiety and Trauma-Related Disorders
- ▶ Dementia
- ▶ Delirium
- ▶ Psychosis



Mental Health Commission of Canada  
Commission de la santé mentale du Canada

### CRISIS FIRST AID INTERVENTIONS FOR...

- ▶ Substance Overdose
- ▶ Suicidal behaviour
- ▶ Panic attack
- ▶ Acute Stress Reaction
- ▶ Psychotic episode
- ▶ Delirium



**DATE:**

**TIME:**

**VENUE:**

**COST:** \$32.00

**NOTES:**

**CONTACT:**

**REGISTER:** [www.sjhc.london.on.ca/events/mental-health-for-seniors-course](http://www.sjhc.london.on.ca/events/mental-health-for-seniors-course)

