

mental health first aid

ADULTS WHO
INTERACT
WITH YOUTH



MHFA - Adults who Interact with Youth is a two-day workshop intended for an adult audience whose primary focus is youth (ages 14-25). This course includes instruction about substance-related disorders, mood and anxiety disorders, trauma, psychotic, and eating disorders, and deliberate self-injury. Participants will be well-prepared to engage with the youth in their lives on mental health topics, including at schools, extra-curricular activities, social services, family, friends, and communities overall.

In MHFA, you will gain an understanding of the 5 basic actions of **ALGEE**:

Assess the risk of suicide and/or harm

Listen non-judgmentally

Give reassurance

Encourage professional support

Encourage other supports

ALGEE is the framework for having a confident conversation about mental health with anyone!

Key outcomes from this workshop are to:

1. Recognize the symptoms of mental health problems or crises as they develop in youth.
2. Provide initial help when facing mental health problems or crises.
3. Guide youth and/or adults who support them toward appropriate professional help.
4. Learn how to accommodate young people who are in distress or are recovering from a crisis.

[For more information on MHFA, visit
mentalhealthcommission.ca/training/mhfa/youth/](https://mentalhealthcommission.ca/training/mhfa/youth/)



[Presented by Christy Rostek,
MSW, BSW, Psychotherapist
christyrostek@gmail.com](#)

January 23 & 24, 2024
8:30 am - 4:30 pm
228 Hamel Avenue
\$300

(incl. lunch & snacks!)

[Register @ aulneau.com](https://aulneau.com)

