

# FREE\* TRAINING: MENTAL HEALTH FIRST AID SUPPORTING OLDER ADULTS

Supporting the mental health of Alberta's aging population

Mental Health First Aid (MHFA) Supporting Older Adults is a Mental Health Commission of Canada program which trains participants to effectively respond to an emerging mental health problem or crisis, until the situation is resolved, or appropriate treatment is found.

Training available  
**IN-PERSON  
&  
VIRTUAL**



## AIMS OF THIS MHFA 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

## TOPICS COVERED

- ✓ Mental health first aid
- ✓ Substance-related disorders
- ✓ Mood-related disorders
- ✓ Anxiety and trauma-related disorders
- ✓ Dementia
- ✓ Psychosis

## CRISIS FIRST AID INTERVENTIONS FOR

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



## WHO IS THIS MHFA TRAINING FOR?

Anyone living in Alberta who is a senior, cares for or works with seniors, including:

- ✓ Staff and volunteers in continuing care facilities and lodges
- ✓ Spouses/partners and other family members
- ✓ Neighbours, friends and community leaders

To learn more, register or host a training  
visit [imagineinstitute.ca/mhfa](https://imagineinstitute.ca/mhfa) or email [imaginemhfa@gmail.com](mailto:imaginemhfa@gmail.com)

\*for a limited time only while resources are available