

Mental Health First Aid Supporting Youth - Blended Course



PRESENTED BY

Tracy Golnick



SERIES SESSIONS

Date	Time
June 13, 2022	12:30 PM - 4:30 PM
June 14, 2022	12:30 PM - 4:30 PM



LOCATION

Virtual - Online

FEE

\$200.00

QUESTIONS?

Contact Us:

nrlc@arpdc.ab.ca

[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:

nrlc.net

Program

Registered participants will be given their "access" code for the self-directed online module 1 upon registration, completion of Module 1 is required before the start of live virtual course for Modules 2 and 3

(MHFA) is the help provided to a person who is showing signs of declining mental well-being or crisis. "MHFA – Supporting Youth" is a course designed for members of the public who have frequent contact with young people (ages 12 to 24). Participants will learn how to:

- recognize signs that a young person may be experiencing a decline in their mental well-being or a mental health or substance use crisis
- initiate conversations that encourage a young person to talk about a mental health or substance use problem
- discuss professional and other supports that could help with recovery to improved mental well-being
- assist in a mental health or substance use crisis situation
- check in with one's own mental well-being and take action as needed.

This 10-hour course opens with a self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practise throughout the virtual classroom modules (Modules 2 and 3). Module 1 takes up to 2 hours to complete while Modules 2 and 3 are 4 hours in length each, including breaks.

Once all three modules are completed, participants will receive a certificate issued by the Mental Health Commission of Canada

Presenters

Tracy Golnick

With deep roots in the Peace Country, Tracy has worked in the human services field for the past 23 years in positions from senior management to frontline client directed services. In 2006, Tracy began her journey with Mental Health First Aid Canada as a Basic Instructor and has since moved into a Master Trainer role. Facilitating both virtually and in-person, Tracy is certified in various versions of MHFA and trains new MHFA instructors across Canada. Currently, Tracy is the Coordinator for the Tough Enough To Talk About It program within the Resource Centre for Suicide Prevention in Grande Prairie, Alberta. Outside of work, Tracy has a large, busy family who enjoy spending time outdoors , travelling and creating memories with each other..
