



Commission de
la santé mentale
du Canada

Mental Health
Commission
of Canada

Premiers soins
en santé mentale



News Release

For Immediate Release

Adult Mental Health First Aid Course in September in Summerside

SUMMERSIDE, PEI, September 17, 2018 – The PEI French Health Network and the Centre Belle-Alliance are pleased to announce that an adult mental health first aid course will be offered. The Mental Health Commission of Canada certifies instructors, who then offer mental health first aid courses across Canada. A basic 12-hour course will be offered in French on Tuesday, September 25 and Thursday September 27, from 5:45 p.m. to 9 p.m. and Saturday, September 29, from 8:45 a.m. to 4 p.m. at the Centre Belle-Alliance in Summerside. Colette Arsenault will be the facilitator.

This course provides participants with the tools they need to offer initial assistance to those struggling with a mental illness such as depression, anxiety, psychosis, substance abuse, and suicidal behaviours. The purpose of the course is not to train people to become therapists. It rather shows how to recognize the signs and symptoms of mental health problems, offer initial assistance, and help people get the help they need.

The PEI French Health Network will cover registration fees. Participants will obtain a manual, and their certification will be good for three years. They must attend both sessions to obtain their certification.

If interested, please send an email to info@santeipe.ca or call Patricia Richard at 902-854-7444 by September 24, 2018.

Please note that this course will be offered in French.

The PEI French Health Network is a non-profit organization that collaborates with various partners in order to improve access to quality French-language health services and programs for Prince Edward Island's Acadian and Francophone population. The organization brings together representatives from target community groups, educational facilities, health professionals, health service managers and the provincial government. It is also one of 16 networks that make up the Société Santé en français.

The PEI French Health Network is funded by Health Canada within the framework of the Action Plan for Canada's Official Languages 2018–2023.

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Media contact:

Patricia Richard

Tel.: 902-854-7444