



Release

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### **Adult Mental Health First Aid Course in February and March**

**WELLINGTON, PEI, January 31, 2017** – The PEI French Health Network is pleased to announce that an adult mental health first aid course will be offered on February 23, March 2 and 11, 2017 at the Centre Goéland in Cape Egmont.

The adult mental health first aid course is a 12-hour program offered by certified facilitator, Colette Arsenault. The course will provide participants with the tools and information needed to offer assistance to adults who are developing a mental health problem or who are in a mental health crisis situation.

The purpose of the program 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 professional help they need.

The program aims at improving mental health literacy and providing the skills and knowledge required to help people better manage potential or developing mental health issues, whether for themselves, a member of the family, a friend or a colleague.

Registration is \$150 and includes the cost of the manual and a three-year certification. Courses will be held on Thursday, February 23 from 6:00 p.m. to 9:00 p.m., Thursday, March 2 from 6:00 p.m. to 9:00 p.m. and Saturday, March 11 from 9:00 a.m. to 3:30 p.m. Those who may have problems paying the registration fees may contact the Health Network to discuss funding options.

Participants must attend the three sessions to obtain certification.

If interested, please send an email to [info@santeipe.ca](mailto:info@santeipe.ca) or call Patricia Richard at 902-854-7444 by February 17, 2017.

*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 Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.*

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