



Release

For immediate distribution

Adult Mental Health First Aid Course in November

WELLINGTON, PEI, October 21, 2016 – The PEI French Health Network is pleased to announce that an adult mental health first aid course will be offered on November 3, 10 and 19, 2016 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, November 3 from 6:00 p.m. to 9:00 p.m., Thursday, November 10 from 6:00 p.m. to 9:00 p.m. and Saturday, November 19 from 9:00 a.m. to 3:30 p.m.

Participants must attend the three sessions to obtain certification.

If interested, please send an email to info@santeipe.ca or call Patricia Richard at 902-854-7444 by October 31, 2016.

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.

-30-

Media contact:
Patricia Richard
Tel.: 902-854-7444