

**IATSE Canada, with the generous support of the  
Canada Performing Arts Workers Resilience Fund, is excited to offer  
*Mental Health First Aid***

**Date:** March 23, 24, 2023

**Time:** 12:00 pm – 4:00 pm EST each day

**Location:** ON-LINE **Space is limited.**

Mental health first aid is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis.

Most people are familiar with CPR and know what to do when they are faced with a cardiac emergency. However, would you know what to do if you were faced with someone having a mental health emergency? Now more than ever, it can be vital to understand the signs and symptoms of someone in a mental health crisis and know how to help.

The course was developed by the [Mental Health Commission of Canada](#), and is presented by the AFC.

During the course, the participants will learn how to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis.
- Find and reach out to professional and other supports that could help with recovery to improved mental well-being.
- Assist in a mental health or substance use crisis.
- Use MHFA actions to maintain one's own mental well-being.

## **COURSE DETAILS**

- 8 hours of instruction: 2 hours of self-directed study, plus two 3-hour virtual classroom sessions.
- **Self-study Online Module 1:** access link will be sent to course participants by email after their registration has been processed but not later than 2 weeks before the course start date.
- **Virtual Classroom Modules 2 and 3:** delivered via Zoom.

This course is open to all performing arts workers and is *being offered at no cost* as part of the trainings the IATSE is providing through the Canada Performing Arts Workers Resilience Fund. **To access this training free of charge, you must register through this link : <https://tinyurl.com/IACourses2022>**

**Further registration may be required by the vendor**

**Employers:** Are you interested in accessing training funding through the Canada Performing Arts Workers Resilience Fund? Contact International Representatives Jason Vergnano [jvergnano@iatse.net](mailto:jvergnano@iatse.net) or Cindy Jennings [cjennings@iatse.net](mailto:cjennings@iatse.net) to discuss how to apply to receive support for your training initiatives.

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