



HOSPITAL EMPLOYEES' UNION

PROVINCIAL OFFICE:

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February 13, 2020

Secretary-Treasurers

Dear Sisters, Brothers and Friends,

Re: Mental Health Commission of Canada – two-day Mental Health First Aid 2020

Workplace hazards such as unsafe work, workload, violence, bullying, harassment, workplace conflict and poor management style can have a significant impact on workers' mental health and well-being.

As a result, Local stewards and activists are increasingly dealing with mental health issues faced by members in their workplaces. To support stewards in addressing these concerns, we are offering the Mental Health Commission of Canada – two-day Mental Health First Aid 2020 for **Local Stewards, OHS Stewards, Joint OHS Committee Members, and Activists.**

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

Why take the course?

- Increase your knowledge of signs, symptoms and risk factors of mental health problems, with a focus on substance related, mood related, anxiety and trauma related, and psychotic disorders.
- Gain a solid understanding of the five (5) basic actions of ALGEE:
 - Assess the risk of suicide and/or harm
 - Listen non-judgmentally
 - Give reassurance
 - Encourage professional support
 - Encourage other supports
- Increase your confidence to help someone experiencing a mental health crisis
- Increase awareness to engage in confident conversations about mental health and help reduce stigma
- The course does not train people to be therapists, counselors, or mental health professionals. The philosophy behind MHFA is that a mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, an MHFA trained person in the workplace can take action that may reduce the harm that could result.

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Participants must be present for the full length of the course in order to be certified from the Mental Health Commission of Canada. Participants will receive a certificate of completion after taking the course.

<u>Course Dates</u>	<u>Locations</u>	<u>Application Deadline</u>
May 6 & 7, 2020	Burnaby	March 12, 2020
June 23 & 24, 2020	Kelowna	April 30, 2020
September 9 & 10, 2020	Victoria	July 16, 2020

**Day 1: Registration 8:30 a.m.
Workshop 9:00 a.m. – 4:30 p.m.**

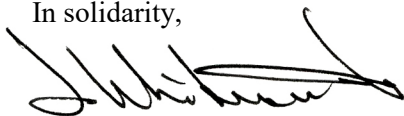
Day 2: Workshop 8:30 a.m. – 4:00 p.m.

Please find enclosed an application form.

We will be contacting successful applicants by telephone or mail to confirm further details. Once applicants have been notified, they will be required to apply for leave of absence for union business.

Additional application forms are available on the HEU website at www.heu.org.

In solidarity,



Jennifer Whiteside
Secretary-Business Manager

Attachments

cc: Chairpersons
Provincial Executive
Reps and Director

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