

I attended the Kickstart Mental Health First Aid on November 16th and 17th. It was a great workshop. What I took away from this workshop is how to support someone in a crisis situation until appropriate measures can be taken or until the crisis is complete. I also learnt that you have to take care of your own personal mental health before you can care for someone else. Mental Health is on the rise in Canada. I work in the education system and it has become more prevalent over the last 10 years. The lack of awareness and conversation about mental illness promotes fear and stigmas for those who are suffering. During the 2 day workshop we focused on the following

1. Mental Health and Mental Health Problems
2. Substance related disorders
3. Mood Related Disorders
4. Anxiety and Trauma related Disorders
5. Psychotic Disorders

I found this workshop very informative and I will be able to use this in my everyday life along with in my workplace. I would strongly recommend this workshop to anyone in the education field. Thank you for the opportunity to attend this workshop.

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