

Mental Health Basics

***A course designed to equip trainees in
mental health response.***

Have you ever wanted to learn more about mental health and support those who may be developing a mental health problem, or who are experiencing a mental health crisis?

This course may be for you!

Topics: mental health & mental health problems, substance related disorders, mood disorders, deliberate self-injury, anxiety disorders, eating disorders, psychotic disorders. The goal is to learn about the above mental health problems, reduce the stigma surrounding mental health problems, and develop some skills to be able to be supportive to someone with a mental health problem.

***This is a non-certification course
open to anyone.***

**Presented by retired counsellor,
David Appell**

**Friday May 31 @ 6:30pm
Saturday June 1 @ 9am - 4pm
COST: \$45 (includes manual & light snacks)
Lunch is not provided.**

**REGISTER THRU THE CHURCH OFFICE
by April 22/24
Space is limited to 15 participants.**

**For information on this course,
contact the Instructor ~ David Appell**

Email: dappell@shaw.ca

