

MENTAL HEALTH WILDERNESS FIRST AID STANDARD (16H) - CERTIFICATE OF COMPLETION

16-hour training program on first aid skills for recognizing, assessing, and supporting individuals experiencing mental health symptoms such as anxiety, panic, depression, trauma, grief, psychosis, self-harm, and suicidal ideation in remote areas, including psychoeducation and roleplay. *Interventions covered include holding space, active listening, grounding techniques, psychoeducation, solution-focused conversation, self-care, and creating general safety plans, in addition to connecting to outside resources.*

RECOGNIZING

Katherine Kling

Completion Date: April 24, 2021

Certificate valid for 3 years



Donetta Faye Cooper Hagel, M.A., C.C.C.

www.mentalhealthwildernessfirstaid.ca

