

# Education and Training Opportunities

### ▶ LivingWorks safeTALK

Most people with thoughts of suicide invite help to stay safe. LivingWorks safeTALK is a half-day suicide alertness training that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning. Visit: [www.livingworks.net/safetalk](http://www.livingworks.net/safetalk) for more information.

**Cost:** Please contact

**Participants:** 10-25 (16 years +)

**Duration:** 3-4 hours

**Delivery:** In-person only

### ▶ LivingWorks ASIST

LivingWorks Applied Suicide Intervention Skills Training (ASIST) is a two-day (15 hours) evidence-based, face-to-face suicide first aid workshop featuring powerful videos, discussions, and simulations. Participants will learn how to provide a skill-based suicide intervention and develop a collaborative safety plan to keep someone safe from suicide.

Visit [www.livingworks.net/asist](http://www.livingworks.net/asist) for more information.

**Cost:** Please contact

**Participants:** 8-24 (16 years +)

**Duration:** 2 days

**Delivery:** In-person only

### ▶ Mental Health First Aid Standard

Mental Health First Aid is a recovery-focused, certificate course which teaches participants how to recognize signs that a person may be experiencing a decline in their mental health and well-being, or a mental health crisis. It also provides knowledge and skills around mental health and mental illness. Visit [www.mhfa.ca](http://www.mhfa.ca) for more information.

**Cost:** Please contact

**Participants:** 8-15 (16 years +)

**Duration:** 1 full day or 2 half days + Self-directed module (3 hours)

**Delivery:** In-person or virtual

### ▶ Living Life to the Full

Living Life to the Full is an interactive 8-week group format course. Each session is 1.5 hours and is designed to help people deal with everyday life challenges and learn self-management skills.

Visit [www.livinglifetothefull.ca](http://www.livinglifetothefull.ca) for more information

**Cost:** Please contact

**Participants:** 6-15 (18 years +)

**Duration:** 8 weeks (90-minute session per week)

**Delivery:** In-person



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## ▶ Information Booth

The Information Booth is customized to your event's needs. This provides an opportunity for your audience to learn about our services and how they can get connected to community resources.

**Cost:** No fee

**Duration:** Varies

**Delivery:** In-person

## ▶ Organization Overview

This is an informative session on the supports and services our organization has to offer. We will discuss who we are, what we do and how we serve our community. There is a brief Q&A at the end of the session.

**Cost:** No fee

**Duration:** 60 minutes

**Delivery:** In-person or virtual

## ▶ Understanding Mental Health and Mental Illness

This presentation provides an overview of mental health and mental illness. We will explore common symptoms, risk factors, strategies for improving our mental health and the impact of language on stigma.

**Cost:** No fee

**Duration:** 90 minutes

**Delivery:** In-person or virtual

## ▶ Stress Management and Self Care

We all experience stress, but when does it become too much and what do we do about it? This presentation will explore how stress impacts our wellness. We will take a deeper look at tips for managing stress and maintaining a healthy mind.

**Cost:** No fee

**Duration:** 90 minutes

**Delivery:** In-person or virtual

## ▶ Your Words Matter

The words we choose can have a significant impact on a person's well-being. In this presentation, we will look at stigma surrounding mental health, addictions and substance use and explore the importance of language and what we can do to help reduce stigma.

**Cost:** No fee

**Duration:** 60 minutes

**Delivery:** In-person or virtual

## ▶ Anxiety and Depression

Anxiety and depression are the two most common mental illnesses. Explore common symptoms, treatment and resources.

**Cost:** No fee

**Duration:** 60 minutes

**Delivery:** In-person or virtual

## ▶ In the Know

In the Know is a mental health literacy workshop designed specifically for the agricultural community. This course provides education on topics such as stress, depression, anxiety, substance misuse and how to start a conversation around mental health and wellness. In the Know is meant for farmers, producers, their families and those who are involved with and/or support the agricultural sector.

**Cost:** No fee

**Participants:** 8-25

**Duration:** 3-4 hours

**Delivery:** In-person or virtual

## ▶ Tailored Presentation

By request, CMHA North Bay and District can deliver presentations to meet the needs of your audience.

Email us at [education@nbd.cmha.ca](mailto:education@nbd.cmha.ca)

