



EMAIL SENT MARCH 8, 2017

Dear Students:

Sharing this exciting opportunity to learn more about how to notice and respond the mental health concerns. ***This is foundational mental health training*** and is being offered FOR FREE as a partnership between CMHA Middlesex and South West LHIN.

Who:

- Offered exclusively to Faculty, staff, students from Brescia, King's, Huron, Western, and Fanshawe

What:

- FREE safeTALK (Suicide Alertness for Everyone) and Mental Health First Aid—**see training descriptions in below email**

When:

- Between March 15 & April 24

Where:

- CMHA Mind Full Nest
- 38 Adelaide St. N. Unit 3A London

How:

- [Register](#) quickly and easily with your uwo email

Best,

Leanne

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**Leanne Bonello, BSW, MSW, RSW**  
Student Wellness Educator | Student Life Centre



Dear Friends and Colleagues:

Canadian Mental Health Association Middlesex, sponsored by the South West Local Health Integration Network, is pleased to offer the staff, faculty and students of Western University and Fanshawe College fully subsidized participation in both Mental Health First Aid and SafeTALK. In fact, we've got 350 spaces reserved over the course of 30 days.

**safeTALK** is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

**Mental Health First Aid (MHFA)** is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help

Spaces are limited – they will fill up quickly. One SafeTALK and one MHFA per person. If you have questions, please contact [education@cmhamiddlesex.ca](mailto:education@cmhamiddlesex.ca). To register quickly and easily for this free workshops, please visit:

<https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex?season=1895204>



*Please note that at this time, participation is limited to staff, students and faculty of Fanshawe College and Western University. We will be watching for registrations made with Fanshawe or UWO email addresses.*

**Megan Cornwell**

*Marketing and Communications Specialist*

**CMHA Middlesex**