

# Mental Health and Wellness Training Options



This document is a quick reference guide for employers, showcasing some of the mental health and wellness training options available from Canadian organizations. This training supports leaders and staff, and can complement the [support and services](#) you receive from ASEBP to further enhance your workplace wellness strategy and activities.

For questions about ASEBP supports and services, please contact your ASEBP Workplace Wellness Consultant. If you have questions about any of the course offerings provided below, please reach out to the facilitating organization directly.

*Please note, some of the listed courses may be offered for a fee, which is set by the facilitating organization.*

## Mental Health Commission of Canada

[mentalhealthcommission.ca/training/mhfa/](https://mentalhealthcommission.ca/training/mhfa/)

- **Mental Health First Aid (MHFA)** is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem, or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

If you are looking for an in-house trainer, MHFA also offers facilitator training.

## Canadian Red Cross

[www.redcross.ca/training-and-certification/course-descriptions/psychological-first-aid](https://www.redcross.ca/training-and-certification/course-descriptions/psychological-first-aid)

- **Psychological First Aid** helps learners understand the effects of stress, loss, trauma, and grief on others, with emphasis on self-care and personal protection. Learners are introduced to the Red Cross Look, Listen, Link, Live model—a resiliency-building approach to emotional, psychological, and social well-being that teaches learners how to support themselves and others to cope with the effects of various types of stress.

While Mental Health First Aid programs teach how to help someone experiencing a mental health emergency, Psychological First Aid is a resiliency-based program that offers prevention and coping strategies for dealing with different types of stress resulting from various types of trauma.

# Mental Health Literacy

[mentalhealthliteracy.org](http://mentalhealthliteracy.org)

- [Go-To Educator](#) teaches participants how to complement and collaborate with student service providers in school settings, enhancing the development of a whole-school support network that can better meet student needs. Research has demonstrated that this approach can improve access to mental health care for students with severe disorders or more complex needs, while concurrently decreasing total number of referrals to specific mental health services.
- [Curriculum Guide Professional Learning](#) is a face-to-face professional learning experience, which increases knowledge and understanding of mental health and mental disorders while preparing educators to implement the Guide in their classroom. Modules are reviewed focusing on the underlining concepts and understanding required to confidently deliver the materials to students.
- [Core Trainer/Facilitator Professional Learning](#) is an interactive workshop designed to build capacity in educational jurisdictions on both professional learnings for educators: how to implement the Mental Health & High School Curriculum Guide and the Go-To Educator. Sessions are held in partnership with educational jurisdictions looking to implement mental health literacy in their schools.
- [LEARN Mental Health Literacy](#) is an online modular resource for educators that addresses mental health education gaps based on the results of a national scoping exercise and input from more than 30 educational institutions and organizations across Canada.

## Canadian Mental Health Association Alberta Division: Working Stronger

[workingstronger.cmha.ca](http://workingstronger.cmha.ca)

- [Certified Psychological Health & Safety Training](#) for individuals who want to help organizations improve psychological health and safety in their workplaces or implement the National Standard for Psychological Health and Safety. After this training, participants will be able to address employers' challenges, obstacles and needs related to psychological health and safety.
- [Mental Health and the Workplace Workshop](#) provides organizations with the language to talk about mental health, the understanding to support employees with challenges, and the steps to move towards greater psychological health and safety in the workplace.
- [Leading with Mental Health in Mind Workshop](#) equips participants with the language to talk about mental health, the understanding to support employees with challenges, and the steps to move towards greater psychological health and safety in the workplace.
- [Compassion Fatigue Workshop](#) helps employers, employees, and volunteers who may develop compassion fatigue, including teachers, counsellors, social workers, and individuals who are the first point of contact for those going through a crisis or disaster.

## Wellness Works Canada

[www.resources.wellnessworkscanada.ca/workshops](http://www.resources.wellnessworkscanada.ca/workshops)

- Mental Health First Aid Training for groups
- Resiliency Training
- Building a Healthy, High Performing Work Culture
- Preventing, Identifying, and Mitigating Burnout