



Choosing the course that best suits your needs

	Certification	Essentials
Increase mental health awareness	X	X
Define mental health and recognize indicators of mental health across the continuum	X	X
Distinguish between mental health, illness, health conditions	x	
Understand factors influencing mental health and mental health disorders in Canada	X	
Explain the two continua model of mental health	X	
Apply the ALGES framework in scenarios of declining mental health and crisis	X	X
Develop effective interaction skills, including effective listening, non-judgmental communication skills, and application of reassurance and sharing of information	X	X
Explain recovery-oriented approaches to providing support	X	X
Identify barriers to MHFA, and questions to initiate supportive conversations	X	
Develop a list of resources and supports	X	
Recognize stigmatizing language and practice respectful alternatives	X	X
Reflect on personal attitudes and biases that contribute to stigma	X	X
Understand risks and limitations associated with diagnostic labeling	X	X
Explain stigma, including self, public, and structural, and strategies to reduce	X	
Identify personal self-care strategies using the three pillars of self-care	X	X
Recognize when self-care is needed and how to integrate it into daily life, and commit to actions to maintain personal well-being	X	X

Participants who successfully complete either course will receive a certificate of completion.

Those who complete the certification course and pass the knowledge check quiz will receive certification valid for three years.

Mental Health Matters (MHM) Training and Consulting
 7823 Sherwood Drive, Regina, SK, S4Y 1G1
 Phone: (306) 526-2958 / Email: carissa@mhmmatters.ca

