



HSIRTF/FFSSRI

HEALTH, SAFETY AND
INDUSTRIAL RELATIONS
TRAINING FUND

FONDS DE FORMATION EN
SANTÉ, SÉCURITÉ ET
RELATIONS INDUSTRIELLES



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*London
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HSIRTF SEMINAR CALL

Mental Health First Aid (MHFA)

January 13, 2016

To all HSIRTF Locals

The Unifor Health, Safety and Industrial Relations Training Fund (HSIRTF) will be conducting a seminar entitled “**Mental Health First Aid (MHFA)**”. The workshop instructor will be Steve Tizzard.

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.

This is intended to be a Joint Union | Management Workshop. Information has been sent to your employer, but I would suggest you contact your HR office to ensure they have received it. Please encourage them to participate.

We also asked that you promote this seminar to your members. Attached is a posting that you can place on your bulletin boards if allowed under your collective agreement. Please ask your stewards to follow through with your members to encourage a good turnout. **The deadline for registration is February 26, 2016.**

Thank you for your continued cooperation.

In solidarity,

Walter Manning
HSIRTF Director
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Encl.