

#MyVoice: Mental Health First Aid a popular program idea

I attended this workshop/training here in Bagotville in November. It was excellent, informative and interactive. It not only helped me with my own practice in nursing in mental health, but also as a military spouse as to how to assess and intervene when needed within the community....highly recommend it!

You can certainly check with your local Health Promotion team. They may be offering the program to civilians depending on space. It is a local decision and certainly worth the inquiry. Further, please connect with your local MFRC to express your interest, see if they offer the program or to get a referral.

In some family, the spouse or children of the military is the one struggling with mental health. As some of us move quite often, finding help becomes a nightmare. Having this training offer to the dependent as well as the member would be very useful.



19 families engaged



4 comments



12 likes