Mental Health Training Opportunities

Student Wellness Services is happy to let you know that registration is open for the Winter/Spring 2018 Mental Health Training opportunities, which includes our newest program: safeTALK Suicide Alertness Training.

SafeTalk is a three hour session that prepares participants to recognize people who have thoughts of suicide and connect them with suicide intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning. More information is available on the registration page. There is a fee to participate in this training: Students: $10, Staff: $20.

Registration is open for Mental Health Training sessions and workshops offered by Queen’s University. Please share this notice with those in your Department/School/Faculty. Please note individuals can register to attend one of the training sessions listed below or you can arrange training for your faculty, department or group by contacting Lauren Sharpe at sharpel@queensu.ca or 613-533-6000, x 75154.

Register now at http://www.queensu.ca/studentwellness/workshops/ Click on the Mental Health Workshops button and it will take you to the registration page. Please contact Lauren Sharpe at sharpel@queensu.ca if you have any trouble accessing registration or have any questions. If you are experiencing trouble with registration please check to see that you are using Firefox and not Explorer. If the issue persists please call Lauren Sharpe.

More information about our programs can be found at: http://www.queensu.ca/studentwellness/mental-health/educational-programs-workshops

Winter/Spring training dates are:

**Mental Health: Awareness. Anti-Stigma. Response.**
Wednesday, February 21, 9:00 am - 12 noon
Wednesday, March 21, 9:00 am - 12 noon
Wednesday, April 11, 1:30 - 4:30 pm
Tuesday, May 15, 1:30 - 4:30 pm

**Mental Health First Aid Training (MHFA) 2-Day Session (fees apply)**
Wed, February 21 & Thur, February 22, 9:00 am – 4:00 pm each day
Tues, April 17 & Wed, April 18, 9:00 am - 4:00 pm each day
Wed, May 16 & Thur, May 17, 9:00 am - 4:00 pm each day

**SafeTALK (fees apply)**
Thursday, February 22, 9:00 – 12 noon
Thursday, March 29, 9:00 – 12 noon
Tuesday, April 24, 1:30 - 4:30 pm
Thursday, May 24, 9:00 - 12 noon
Identifying and Responding to Students in Distress (IRSD)
Tuesday, February 27, 10:30 - 11:30 am
Tuesday, March 27, 11:00 am - 12 noon
Wednesday, April 25, 3:00 - 4:00 pm
Wednesday, May 23, 3:00 - 4:00 pm

Please contact Lauren Sharpe at sharpel@queensu.ca or by phone at ext 75154 if:

1. you have a group of 15 or more you would like to arrange a training session for
2. you would like to receive information on upcoming Mental Health Training opportunities
3. you would like to receive display materials for your workplace
4. you have any questions about the above training opportunities or registration process

You can register now at http://www.queensu.ca/studentwellness/workshops/

Thank you!

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www.queensu.ca/studentwellness/home