



## Bermuda Hospitals Board

### **Mental Health First Aid Certification Course 2025**

The goal of the Mental Health First Aid training course is to provide people with the resources to help those experiencing a mental health problem and to guide them to the appropriate professional help. For example, you may encounter an individual in the community, perhaps at work, who you believe may be experiencing symptoms of depression. This course will help you to approach this individual and will give you the tools to discuss your concerns as well as help them seek appropriate professional help.

The programme was developed by Betty Kitchner and Anthony Jorm in Australia in 2001. The programme is currently available in Canada, England, Finland, Hong Kong, Japan, New Zealand, Northern Ireland, Scotland, Singapore, South Africa, Thailand, United States of America and Wales.

Bermuda Hospitals Board is supporting this programme as part of our efforts to educate staff and the community about mental health issues with the goal of decreasing the stigma related to mental illness. Mental Health First Aid aims to educate those with any level of mental health background.

**The course is free for BHB employees and \$100.00 for non-BHB employees.**

#### **2025 Dates:**

16-17 January	22-23 July
25-26 February	14-15 August
13-14 March	18-19 September
3-4 April	14-15 October
13-14 May	18-19 November
26-27 June	11-12 December

**Venue:** Mid-Atlantic Wellness Institute Main Conference Room\*

**Time:** 9:30am-5pm (both days)

Participants will be provided with a certificate indicating they are trained in Mental Health First Aid, providing they attend both days. Participants will also receive regular updates on Mental Health First Aid resources.

Please email for further information: [mhfa@bhb.bm](mailto:mhfa@bhb.bm).

*\*Any changes to the venue will be communicated prior to the course date.*



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### 2025 MENTAL HEALTH FIRST AID REGISTRATION

If registering a group, please complete the form for each participant. Please email the completed registration form to MHFA@bhb.bm.

Name: \_\_\_\_\_ Organisation: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_ Phone: \_\_\_\_\_

Please indicate the 2025 course for which you are registering:

- |   |  |
|---|--|
| <input type="checkbox"/> 16-17 January  | <input type="checkbox"/> 14-15 August    |
| <input type="checkbox"/> 25-26 February | <input type="checkbox"/> 18-19 September |
| <input type="checkbox"/> 13-14 March    | <input type="checkbox"/> 14-15 October   |
| <input type="checkbox"/> 3-4 April      | <input type="checkbox"/> 18-19 November  |
| <input type="checkbox"/> 13-14 May      | <input type="checkbox"/> 11-12 December  |
| <input type="checkbox"/> 26-27 June     |  |
| <input type="checkbox"/> 22-23 July     |  |

#### Payment Method:

Payments can be made to the Mid-Atlantic Wellness Institute accounts office, located in the main lobby, Monday to Thursday from 8:30am-3pm and Friday 8:30am-2:30pm. Credit and debit cards are not accepted at this time.

- CASH
- CHEQUE
- PURCHASE ORDER\*

*\*If paying by purchase order, please contact the MWI Accounts Department at 236-3770.*

- I understand that if I am a BHB employee there is NO CHARGE for this course.
- I understand that Mental Health First Aid is a two-day course and that both days must be attended in full to receive the certificate of completion.
- I understand that registration is not confirmed until payment is received.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_