Carissa is passionate about the Mental Health First Aid program, and the broader topic of Psychological Health and Safety in the workplace. Under her consulting firm, Listrom Training and Consulting, Carissa has delivered more than 75 Mental Health First Aid Basic certification workshops in the past 2 years. She also supports workplaces who are developing or expanding on existing psychological safety programs as a private consultant. Carissa has a Bachelor of Education for the University of Regina and more than ten year of experience facilitating workshops for adult learners. Her Mental Health First Aid courses are interactive, activity-based, and take place in a respectful learning environment where participants can share their personal knowledge and experience in a safe and supportive atmosphere. Based out of Regina, SK, Carissa travels throughout the Prairie provinces delivering Mental Health First Aid Basic courses open to the public, and closed courses for organizations requesting this certification workshop for their staff. She is also a national contract facilitator for the Mental Health Commission of Canada.
Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

1 in 5 Canadians will be living with a mental health problem this year.

“This was an incredible course. It gave me concrete tools that I can use to help people.”
Course participant

Anyone Can be Trained to Help

The 12-hour evidence-based MHFA Basic course has been proven to give participants:

- Confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis
- Greater recognition of mental health problems
- Decreased stigma
- Improved mental health for themselves

To learn more, register for a course or become an instructor:

- mhfa@mentalhealthcommission.ca
- 1-866-989-3985
- www.mhfa.ca

Additional versions of MHFA are available. Visit our site to learn more.

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 200,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

TOPICS COVERED IN MHFA BASIC

- Substance-related disorders
- Mood-related disorders
- Anxiety and trauma-related disorders
- Psychotic disorders

CRISIS FIRST AID INTERVENTIONS FOR

- Overdose
- Suicidal behaviour
- Panic attacks
- Psychotic episode
- Acute stress reaction

If I sprain my ankle, chances are you’ll know what to do. If I have a panic attack, chances are you won’t.

MHFA is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

1 in 5 Canadians will be living with a mental health problem this year.

“This was an incredible course. It gave me concrete tools that I can use to help people.”
Course participant

Anyone Can be Trained to Help

The 12-hour evidence-based MHFA Basic course has been proven to give participants:

- Confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis
- Greater recognition of mental health problems
- Decreased stigma
- Improved mental health for themselves

To learn more, register for a course or become an instructor:

- mhfa@mentalhealthcommission.ca
- 1-866-989-3985
- www.mhfa.ca

Additional versions of MHFA are available. Visit our site to learn more.

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 200,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989
info@mentalhealthcommission.ca • www.mentalhealthcommission.ca
@MHCC • /theMHCC • /1MHCC • @theMHCC • /Mental Health Commission of Canada