

ABOUT THE INSTRUCTOR

Elizabeth Eldridge (BMT, MTA, RMT) is an Accredited Music Therapist, Registered Music Teacher, founder/proprietor of Arpeggio Health Services, and a Certified Instructor for Mental Health First Aid Canada and safeTALK Suicide Alertness training. Upon achievement of her Bachelor of Music Therapy degree at Acadia University, Elizabeth completed an internship in Mental Health Recovery Services at St. Joseph's Hospital in Hamilton, Ontario. In this role she supported clients working toward recovery from various psychiatric conditions in outpatient, inpatient, and forensic settings. This experience ignited Elizabeth's passion for mental health, and her business now provides consultations, educational opportunities and clinical music therapy services throughout the Maritimes.

Elizabeth has trained over 1,500 members of the public in Mental Health First Aid, having facilitated more than 100 sessions. She is frequently contracted as a keynote conference speaker and has partnered with numerous organizations for staff education on improving mental health in the workplace. Elizabeth serves on the Board of Directors for the Alzheimer Society of New Brunswick, and as President of the Canadian Association of Music Therapists.



Did You Know...?

- Mental illness indirectly affects all Canadians at some time through a family member, friend, or colleague
- Mental health problems typically account for 30% of workplace disability claims and 70% of the total costs of disability claims
- \$50 billion is lost in productivity each year due to mental illness in the Canadian labour force
- In Canada, suicide is the second leading cause of death among 15-34 year olds, and the third leading cause of death among 35-44 year olds
- Less than one third of those who need mental health services in Canada actually receive them

Mental Health First Aid

One in three Canadians will experience a mental health problem in their lifetime.

**WILL YOU KNOW
HOW TO HELP?**





WORKING TOGETHER TO CHANGE THE WORLD

An increasing number of people are becoming certified in Standard First Aid and CPR.

Isn't Mental Health First Aid just as important?

This evidence-based, interactive course is provided in a supportive group learning environment. Practical skills are taught using a model that is easy to remember and apply in real-life settings. You will learn how to...

- ✓ Recognize the signs and symptoms of common mental health problems
- ✓ React when someone is experiencing a mental health crisis
- ✓ Provide initial help and guide a person toward appropriate professional help

Mental Health First Aid Canada meets the guidelines set forth in the National Standard on Psychological Health & Safety in the Workplace.

For further information including upcoming courses and in-house training quotes, contact:

Elizabeth Eldridge

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Arpeggio Health Services

FREQUENTLY ASKED QUESTIONS

Q What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a training program of the **Mental Health Commission of Canada** which aims to increase awareness of mental health issues, and to 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.

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Who should take Mental Health First Aid training?

Health care providers, emergency workers, human resource professionals, managers, educational professionals, and members of the general public—anyone and everyone!

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What course options are available?

MHFA Basic Training is a 12 hour course designed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. This training is well suited for organizations working to improve workplace mental health.

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MHFA: Adults who Interact with Youth is a 14 hour course which focuses on mental health problems and first aid for youth aged 12 to 24, including depression, substance misuse, eating disorders, deliberate self-injury and more.

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MHFA for Seniors is a 14 hour course that teaches both formal and informal caregivers how to best support Canada's aging population facing challenges such as dementia, psychosis, anxiety and trauma related disorders, delirium and more.

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When and where can I take the course? How much does it cost?

Public courses are offered regularly throughout the Maritimes. Contact us or visit our website for a list of currently scheduled sessions or for information about arranging an in-house session at your organization.

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