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# [MHFA - Mental Health First Aid](https://cmha-east.on.ca/index.php/en/training/for-our-community-members/mental-health-first-aid)

MHFA Standard is the support provided to a person who may be experiencing a decline in their mental well-being, or a mental health or substance use crisis.

This 9-hour course opens with a self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the virtual or in-person classroom modules (Modules 2 and 3). Course participants are required to complete Module 1 before participating in Module 2 and 3. Upon registration, participants will receive the “MHFA Participant Reference Guide” that outlines MHFA actions for developing mental health and substance use problems, and mental health and substance use crises.

# [ASIST - Applied Suicide Intervention Skills Training](https://cmha-east.on.ca/index.php/en/training/for-our-community-members/certified-asist)

ASIST (Applied Suicide Intervention Skills Training)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be thinking of suicide and work with them to create a plan that will support their immediate safety using the PAL (Pathway for Assisting Life) model.

# [SafeTalk](https://cmha-east.on.ca/index.php/en/training/for-our-community-members/certified-safe-talk)

safeTALK half day training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.safeTALK is for everybody who wants to help prevent suicide; front line workers, clergy, volunteers, parents, teachers, law enforcement, first responders.

# [2SLGBTQ+ Health (Various Courses](https://www.rainbowhealthontario.ca/education-training/))

2SLGBTQ+ communities face specific health challenges and barriers to accessing care. RHO offers training for healthcare and social service providers to increase their clinical and cultural competency in caring for their 2SLGBTQ+ service users.

## Cost Breakdown

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| Certification Name | Cost |
| MHFA - Mental Health First Aid | $226 |
| ASIST - Applied Suicide Intervention Skills Training | $226 |
| SafeTalk | $90 |
| 2SLGBTQ+ Health (Various Courses) | $29 - $50 |