# Table of Contents

1. Volunteer Experience 2

1. [MHFA – Mental Health First Aid](#_TOC_250000) 2

1. [ASIST – Applied Suicide Intervention Skills Training](#_TOC_250000) 2
2. [SafeTalk](#_TOC_250000) 2
3. Cost Breakdown 3

# Volunteer Experience

[**Volunteering opportunities**](https://volunteersuccess.com/opportunities?typeOfActivity&duration&daysOfWeek&timeOfDay&demographic&suitability&interests&techSkills)

[**Cornwall volunteer opportunities**](https://sdccornwall.ca/organizations-recruiting-volunteers/)

Volunteer Experience in the community will be seen as an asset.

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

TMHFA 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.

1. Cost Breakdown

|  |  |
| --- | --- |
| Certification Name | Cost |
| Volunteering | N/a |
| **MHFA - Mental Health First Aid** | $226 |
| **ASIST - Applied Suicide Intervention Skills Training** | $226 |
| **SafeTalk** | $90 |