

PRESS RELEASE

For immediate release

**Mental Health First Aid trains two Francophone health workers**

AURORA, ON. July 6, 2015 – Two Francophones in the North Simcoe Muskoka region have been trained by the Mental Health Commission of Canada to provide the Mental Health First Aid (MHFA) program in French. The first workshop will be held at the Chigamik Community Health Centre (CHC) on July 23 and 24, 2015.

Thanks to Entité 4's recommendation to the North Simcoe Muskoka Local Health Integration Network (LHIN), Julien Laramée, Mental Health and Addictions Counsellor at Chigamik CHC and Chantale Blanchette, Executive Assistant Programs and Services Management for La Clé d'la Baie, attended this training session in French in Quebec.

"I enjoyed the course. It is an essential tool in my opinion to demystify mental health issues. It offers a clear and sensible approach to use with people in need or in a crisis."- Julien Laramée.

The program aims to provide the skills and knowledge to help participants better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. This training is aimed at both community workers and members of the community.

"It is excellent training to equip human beings wanting to help other human beings regardless of the depth of their despair. It is a simple but effective way, without judgment or condemnation, to train real rescuers ready to intervene and to listen."- Chantale Blanchette.

Entité 4 thanks the North Simcoe Muskoka LHIN, La Clé d'la Baie, Chigamik CHC and Royal Victoria Health Centre for their support and collaboration in this initiative which helps to increase mental health services in French in North Simcoe Muskoka.

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*Entité 4's mandate is to make recommendations to the Central, Central East and North Simcoe Muskoka LHINs to improve access to quality health services in French for the francophone community in these areas.*

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