



Canadian Mental
Health Association
Durham

News Release

For immediate release

ANOTHER VIRTUAL FIRST FOR FRANCOPHONES LIVING IN DURHAM

CMHA Durham offers Mental Health First Aid virtual training for Francophones Supporting Youth in our region

DURHAM, ON, July 21, 2021 – Next month, Canadian Mental Health Association Durham (CMHA Durham) will become the first service provider to offer virtual Mental Health First Aid (MHFA) Supporting Youth training designed for members of the public who have frequent contact with youth (ages 12 to 24).

‘With school just around the corner, many parents and educators are concerned with how youth are handling the uncertainty regarding the return " to new normal,” says Mireille Huneault, French Language Services Educator and MHFA facilitator at CMHA Durham. “The MHFA Supporting Youth course provides information on how to identify youth who may be struggling and how to recognize signs of decline in mental health or substance use crisis. This course is open to anyone who would like to learn more about supporting the youth in their lives. We are all in this together and we need to look out for one another. ”

"Communication is at the heart of intervention when it comes to mental health services and supports," adds Narjiss Lazrak, Board Chair for Entité 4. **"I am pleased that, with the support of partners like CMHA Durham, we have worked to ensure Mental Health First Aid Supporting Youth training was available in French for the communities we serve"**. By offering this training virtually, francophones are able to access this workshop from the comfort of their own homes in their preferred official language.

Mental Health First Aid training has traditionally been offered in-person. As a result of the COVID-19 pandemic the course has been adapted to be delivered virtually. Virtual training for MHFA Supporting Youth has just been released and CMHA Durham is proud to take the lead on this much needed initiative for Francophones dealing with the uncertainties surrounding the start of the school year.

"Detection of mental health or substance use disorders often develops early in young adulthood; the importance of being aware of the signs and symptoms cannot be overlooked " concludes Ms. Huneault.

[Registration is now open](#) for the French language Mental Health First Aid Supporting Youth training offered by CMHA Durham and the virtual sessions will be held on August 24 and August 26.

CMHA Durham has been actively working to build its capacity to provide French language supports to the community it serves. These efforts resulted in the identification of CMHA Durham for the provision of French language services by Ontario Health East in January 2020.



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With a mandate to improve access to French Language Health Services, Entité 4 provides guidance and support to health service providers to increase their capacity to provide French language services and help promote existing services.

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