

News Release

For immediate release

A VIRTUAL FIRST FOR FRANCOPHONES LIVING IN DURHAM

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

DURHAM, ON, January 27, 2021 – Next month, Canadian Mental Health Association Durham (CMHA Durham) will become the first service provider to offer virtual Mental Health First Aid (MHFA) training for free to Francophones.

“The ongoing COVID-19 pandemic is taking a tremendous toll on the mental health of Canadians,” says Mireille Huneault, French Language Services Educator and MHFA facilitator at CMHA Durham. “We are all in this together and we need to look out for one another. Mental Health First Aid Training offers individuals the tools they need to help a friend, loved one or colleague who may be struggling until appropriate support is found.”

“When it comes to mental health services and supports, communication is at the heart of intervention,” adds Yves Lévesque, Board Chair for Entité 4. “For having personally followed and found this training program to be very practical, I am pleased that, with the support of partners like CMHA Durham, we have worked to ensure Mental Health First Aid training was available in French for the communities we serve.”

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 has been offered in English since late November 2020.

“We are pleased to be among the first to offer this training virtually in French,” concludes Ms. Huneault. “When someone sprains an ankle, most people know what to do, if someone has a panic attack would that still be true?”

[Registration is now open](#) for the French language Mental Health First Aid training offered by CMHA Durham and the virtual sessions will be held February 23 and 24.

Since 2015 nearly 500 Francophones have participated in in-person Mental Health First Aid throughout the Central, Central East and North Simcoe Muskoka areas.

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 the Central East LHIN in January 2020.

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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