

CEU Reference Document

Course Name: Why Mental Health Matters TRN-WEBWMHM-875

Course Type: Webinar In-Person Training E-Learning

Length of Course/Session: 2.0 hours

Date of Course/Session:

Course Description:

This resilience building course will assist you to recognize the warning signs of disabling stress and discuss individual, team, and organizational strategies for improving mental health in the workplace. By the end of training, participants will: 1. Examine what it means to have good mental health. 2. Review the work factors that promote health. 3. Identify the prevalence and impact of mental health problems in the workplace. 4. Discuss the importance of mental fitness activities at work and home.

Speaker Profile:

Crystal Dolliver is a certified Mental Health First Aid instructor with over 17 years facilitating courses including resilience, mental health, suicide prevention, leadership, ethics, and team health. Her professional experience includes coaching individuals to understand themselves, build resilience, and reach their potential.

Crystal has various areas of expertise including Motivational Interviewing (MI), Ethics, Mental Health First Aid, Suicide Awareness and Prevention and Accessibility in the Workplace (AODA), as well as many other corporate training offerings. She encourages and creates safe learning spaces where warmth, humour, and openness in sharing exists.

This course has preapproved CEUs from:

The College of Vocational Rehabilitation Professionals VRA Canada

Number of CEUs Approved: 2.0

Area of Focus:

CVRP: 02 VRA: 4G

Preapproval Codes

CVRP: AGILEC(web)-WMHM-2021-2.0 VRA: 24182

For Verification of Attendance: Please print course certificate