



Arpeggio Health Services proudly provides quality mental health education opportunities and consulting services throughout Atlantic Canada. Our mission is to improve the general understanding of mental health, combat stigma and empower members of the public to initiate conversations and offer support to individuals who may be struggling with a mental health problem. By demystifying mental health and the steps involved in offering support, we empower participants in our training sessions to start the conversation and connect a person to the resources they need. In addition to consulting services and in-house sessions for organizations aiming to raise the bar on staff

training, we regularly offer public trainings open to anyone. Trainings are facilitated by Arpeggio's amazing team of certified program instructors.

Arpeggio Health Services offers the following programs:

Mental Health First Aid Basic Training is a two-day evidence-based program of the Mental Health Commission of Canada aiming to improve mental health literacy and teaches participants how to recognize early warning signs that a friend, family member or colleague may be struggling with a mental health issue, as well as intervention strategies for mental health crisis situations. Practical skills are taught in a supportive group learning environment using a model that is easy to remember and apply in real-life settings. Topics include the four most common mental illnesses: substance-related, mood, anxiety and trauma-related and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities and workplaces.

Mental Health First Aid for Adults who Interact with Youth is a two-day evidence-based program of the Mental Health Commission of Canada aiming to improve mental health literacy and to provide the skills and knowledge to help people better manage potential or developing mental health problems in youth ages 12 to 24. Mental health problems often first develop during adolescence or early adulthood, and this course is designed to be sensitive to the unique aspects of mental health problems in young people. It is meant to assist education professionals, health providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies. Specific topics include depression, anxiety, substance related issues, eating disorders, deliberate self-injury and more.

Mental Health First Aid for Seniors is a two-day evidence-based program of the Mental Health Commission of Canada teaches participants how to best support Canada's aging population facing challenges such as dementia, anxiety, depression, delirium, psychosis and more. This course is intended to increase the capacity of family caregivers as well as staff in care settings and communities to promote mental health in seniors, prevent mental illness and suicide wherever possible and intervene early when problems first emerge. Course content and resource materials are based on best practice guidelines and were developed in consultation with Canadian experts in the field of geriatric psychiatry.

safeTALK Suicide Alertness Training is a half-day training developed and regulated by LivingWorks Education that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. safeTALK-trained individuals are well prepared to connect persons with thoughts of suicide with life-affirming help. Most people with thoughts of suicide don't truly want to die, but are struggling with pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources.

The Mentally Healthy Workplace is an original half-day program of Arpeggio Health Services, aiming to equip managers, human resource professionals, health and safety coordinators and other employee wellness champions with the necessary tools to promote workplace wellness. Mental health issues account for about one third of all disability claims in Canadian workplaces, and 70% of the total costs. In addition to the impact of absenteeism, many organizations are experiencing diminished productivity and other effects of “presenteeism”—employees being physically present at work but functioning below their capacity due to mental distress. Employers have a duty to make reasonable accommodations for health conditions whether physical or mental in nature but offering support and implementing accommodations can be complex when it comes to mental health concerns.

Consulting Services are available for organizations who are prioritizing and adhering to best practice for mental health in the workplace. As a Certified Psychological Health & Safety Advisor, Arpeggio’s Founder & Director Elizabeth Eldridge is qualified to lead an organizational assessment, strategize a plan of action and offer follow-up support for implementation of the National Standard on Psychological Health and Safety in the Workplace. Considered best practice for Canadian workplaces, the Standard is a set of CSA-approved guidelines which help promote mental health and decrease risk of psychological injury.

Keynote Speaking Services provided by Professional Speaker and Founder/Director of Arpeggio Health Services Elizabeth Eldridge are sure to engage and inspire audience members at your next conference or training event. Connect with Elizabeth directly for further discussion.

Visit arpeggiohealthservices.com for further information or to register for a training near you!

Connect with us directly at info@arpeggiohealthservices.com.