Elizabeth Eldridge (BMT, MTA, RMT) is an Accredited Music Therapist, Registered Music Teacher, and certified MHFA Course Instructor. Upon completion of her Bachelor degree at Acadia University in 2007, she undertook a 1000 hour internship in Mental Health Recovery Services at St. Joseph’s Centre for Mountain Health Services in Hamilton, Ontario. While there, she had the unique opportunity to use music as a therapeutic medium for clientele diagnosed with various mental health conditions, including schizophrenia, Bipolar Disorder, Borderline Personality Disorder, and Post-Traumatic Stress Disorder.

Once finished her internship, Elizabeth returned home to Charlotte County, New Brunswick, where she founded Arpeggio Music Therapy. Over the years, she has had the opportunity to provide music therapy services at many facilities with a variety of populations. In 2012, Elizabeth became certified as an MHFA Course Instructor and has since delivered a number of these courses throughout New Brunswick and Prince Edward Island.

“I my friend, care for your psyche—know thyself, for once we know ourselves we can care for ourselves.”
~ Socrates
An increasing number of people are becoming certified in Standard First Aid and CPR. Isn’t Mental Health First Aid just as important?

Do you know how to respond to a mental health emergency? This evidence-based, interactive course is provided in a supportive group learning environment. Practical skills are taught using a model that is easy to remember and apply in real-life settings. You will learn how to...

- Recognize the signs and symptoms of mental health problems, including addictions
- React when someone is experiencing a mental health crisis
- Provide initial help and guide a person toward appropriate professional help

For a list of upcoming course dates and locations or to inquire about private bookings and group rates, please contact:

Elizabeth Eldridge
Certified MHFA Instructor

Email: mhfa@email.com
Phone: 506.754.6298

Course details can also be found at www.mhfa.ca

FREQUENTLY ASKED QUESTIONS

What is Mental Health First Aid?
Mental Health First Aid (MHFA) is a program offered through the Mental Health Commission of Canada which aims to increase awareness of mental health issues, and to provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague.

Who should take the Mental Health First Aid course?
Health service providers, emergency workers, parents, teachers, students, employers, special care home workers, community groups, human resources professionals, and members of the general public. Anyone and everyone can benefit from learning Mental Health First Aid.

What course options are available?
MHFA Basic is a 12 hour course designed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis.

MHFA for Adults who Interact with Youth is a 14 hour course which focuses on mental health problems and first aid for youth ages 12 to 24.

Where and when can I take the course? How much does it cost?
Courses are offered at regular intervals throughout New Brunswick and Prince Edward Island. Arrangements can also be made to offer a course specifically for your workplace or organization. Contact Elizabeth Eldridge, Certified MHFA Course Instructor, to inquire about course locations, dates, and fees.