

CERTIFICATE

ensa Mental Health First Aid: focus Adults

On behalf of the Pro Mente Sana foundation, ensa awards this certificate to

Konstantina (Dina) Gkiouleka Pataki

for the successful completion of the course and assessment.

ensa First Aiders provide Mental Health First Aid to someone suffering from a mental health problem. They are taught the knowledge, skills and confidence needed to provide help and support to a person developing a mental health crisis. The twelve-hour course, supported by the ensa manual, covers the following topics:

- Facts about mental health in Switzerland
- Basic knowledge of mental illnesses: depression, anxiety disorders, psychosis, substance use disorder and eating disorders
- ROGER - First Aid in five steps
- First Aid in psychiatric difficulties in crisis situations



Muriel Langenberger
Geschäftsleiterin
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