



# FRIDAYS AT THE UNIVERSITY

## Mental Health Day

Build confidence in managing mental health conditions with a practical session tailored to the realities of primary care. You'll explore evidence-based strategies for diagnosing and treating common concerns like anxiety, depression, and adult ADHD, while learning to distinguish between complex conditions such as major depressive disorder and bipolar disorder. The session also covers effective responses to mental health crises, including acute psychosis, with attention to timely intervention and access to care in both urban and rural settings. Through a patient-centered and multidisciplinary lens, you'll refine your approach to supporting individuals with complex mental health needs.

## Learning Objectives

By the end of the day, the participants should be able to:

- Utilize evidence-based approaches to assess and manage common mental health conditions such as anxiety, depression, and adult ADHD within the scope of primary care practice.
- Differentiate between major depressive disorder and bipolar disorder by applying key diagnostic criteria and clinical indicators to guide accurate diagnosis and appropriate treatment.
- Recognize and respond effectively to mental health crises, including acute psychosis, with a focus on timely intervention, safety planning, and access to resources in both urban and rural settings.
- Enhance diagnostic skills and care planning for patients presenting with complex mental health needs, including psychosis and adult ADHD, by integrating multidisciplinary support and patient-centered strategies.

**May 8, 2026**

**8:20 AM – 1:20 PM**

**Offered digitally  
through the  
University of  
Manitoba**

**Register Now!**



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of Manitoba | Rady Faculty of  
Health Sciences