

# Mental Health First Aid CANADA



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

**One in five Canadians will experience a mental health problem in their lifetime.**

## Will you know how to help?

**Mental Health First Aid (MHFA)** is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis resolved.

The 12-hour *basic* training course covers the following topics:

- Signs and symptoms of common mental health problems and crisis situations
- A basic model to provide Mental Health First Aid
- Information about how to help in a crisis and how to help prevent a crisis from arising
- Encouraging a person to identify options for help

**November 6th, 13th, 20th, 27th ~ Guelph**

**Time: 6:00pm to 9:30pm (over 4 evenings)**

**Cost is \$160.00**

**To register visit [www.cmhaww.ca/events](http://www.cmhaww.ca/events)**

**Questions? Email [workshops@cmhaww.ca](mailto:workshops@cmhaww.ca)**



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington



For more information on this course, visit the website [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)