



# BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help in an emergency.

People can also have mental health emergencies, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.  
If I have a panic attack, chances are you won't.*

**Mental Health First Aid** is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

**Register now to become certified in Mental Health First Aid:**

**COURSE NAME:**

**DESCRIPTION:**

**DATE AND TIMES:**

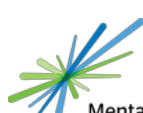
**VENUE AND ADDRESS:**

**COST:**

**TO REGISTER, CONTACT:**

## What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

**Mental Health First Aid Canada**  
**Premiers soins en santé mentale**

