

Mental Health First Aid

MHFA

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in mental well-being, or experiencing a mental health crisis. MHFA can be delivered in a 2-day in-person class setting, or an 8 hour virtual course.

Topics covered will include:

- Identifying signs and symptoms of mental decline and crisis
- Discuss professional and other supports available
- How to connect with resources
- Assist in a mental or substance use crisis
- Using MHFA actions to maintain one's own mental well-being

Cost - \$250 per person, minimum of 8 participants



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid Canada
Premiers soins en santé mentale



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