



# BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, 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 a Mental Health First Aider:**

**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**

