



MENTAL HEALTH COMMISSION OF CANADA

# Mental Health First Aid

**DATES:** March 13, 20, 27 and April 3, 2017  
**TIME:** 6:00 – 9:00 PM  
*You need to attend all 4 weeks – 12 hours*  
**LOCATION:** CATA – Canadian Academy of Therapeutic Arts  
120 Newkirk Road, Unit 12  
Richmond Hill, ON L4C 9S7

**FACILITATED BY:** Susan Kagan RN EdD

**COST:** \$195.00 per person. Includes MHFA manual  
Student Rate: 175.00

One in three people will experience a mental health problem in their lifetime. As a result, this course was developed to help people provide initial support to someone who may be developing a mental health problem or is experiencing a mental health crisis. This 12 hour course teaches mental health first aid skills. The philosophy behind MHFA Canada is that a mental health crisis may be avoided through early intervention. If a crisis does arise, then members of the public can take action to reduce harm and provide support.

**MHFA training will teach the participants to:**

- Recognize the symptoms of mental health problems
- Provide initial help
- Guide a person toward appropriate professional help
- Provide help to prevent the mental health problem from becoming more serious
- Reduce stigma towards those experiencing mental health problems

**Who should attend?**

Everyone can benefit from MHFA Canada training – members of the general public, teachers, health services providers, university students, emergency workers, frontline workers who deal with the public, volunteers, human resource professionals, employers, community groups.

**To Register Contact:**

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