

# Mental Health First Aid

An increasing number of people are becoming certified in Standard First Aid and CPR.

Isn't Mental Health First Aid just as important?



Mental Health First Aid (MHFA) is a program which aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague.

## Did you know...

- 1 in 3 Canadians will suffer from depression at some point in their lives?
- In Canada, suicide is the second leading cause of death for 15-34 year olds, and the third leading cause of death for 35-44 year olds?
- Only 1 out of 5 children in Canada who needs mental health services actually receives them?

Let's change these statistics!

The program teaches people how to:

- Recognize the signs and symptoms of mental health problems
- React when someone is experiencing a mental health crisis
- Provide initial help and guide a person toward appropriate professional help

## Two courses available...

- Mental Health First Aid: Basic Training (12 hours)
- Mental Health First Aid: for Adults who Interact with Youth (14 hours)

**CONTACT**

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Open to professionals, organizations, and the general public!

**REGISTER TODAY!**

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