



MENTAL HEALTH FIRST AID

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.



1 in 5 Canadians will be living with a mental health problem this year.



“This was an incredible course. It gave me concrete tools that I can use to help people.”

Course participant

Anyone Can be Trained to Help

The 12-hour evidence-based MHFA Basic course has been proven to give participants:

- ▶ 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
- ▶ Improved mental health for themselves

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 200,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989
info@mentalhealthcommission.ca • www.mentalhealthcommission.ca

[@MHCC_](https://twitter.com/MHCC_) [f/theMHCC](https://facebook.com/theMHCC) [y/1MHCC](https://youtube.com/1MHCC) [@theMHCC](https://instagram.com/atheMHCC) [in/Mental Health Commission of Canada](https://linkedin.com/company/Mental-Health-Commission-of-Canada)

TOPICS COVERED IN MHFA BASIC

- ▶ Substance-related disorders
- ▶ Mood-related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Psychotic disorders

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Overdose
- ▶ Suicidal behaviour
- ▶ Panic attacks
- ▶ Psychotic episode
- ▶ Acute stress reaction

To learn more, register for a course or become an instructor:

- ▶ mhfa@mentalhealthcommission.ca
- ▶ 1-866-989-3985
- ▶ www.mhfa.ca



Additional versions of MHFA are available. Visit our site to learn more.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

**Mental Health
First Aid Canada**

