



**One in three Canadians will experience
a mental health problem in their life.**

**Mental Health
First Aid**

Do you know how to help?

Mental Health First Aid Canada teaches first aid skills to help someone who is developing a mental health problem or is experiencing a mental health crisis.

In 12 hours* you will learn:

- Signs and symptoms of common mental health problems and crisis situations
- Basic actions for mental health first aid
- Information about effective interventions and treatments
- How to access help and resources

Mental Health Problems

Substance Related Disorder
Depression
Anxiety Disorders
Psychosis

Crisis Situations

Overdose
Suicidal Behaviour
Panic Attacks/Acute Stress Reaction
Acute Psychosis

Coming Soon!

Visit the MHFA Canada website at www.mentalhealthfirstaid.ca for the next available training date in Haldimand-Norfolk.



**CANADIAN MENTAL
HEALTH ASSOCIATION**

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**

Haldimand-Norfolk Branch

*Certificates provided to those
who attend the entire 12 hours

www.mentalhealthfirstaid.ca