



Mental Health Commission of Canada  
Commission de la santé mentale du Canada



*Prevention Link, on behalf of the Mental Health Commission of Canada, is pleased to offer:*

# MENTAL HEALTH FIRST AID BASIC

**WEDNESDAY, OCTOBER 4 & THURSDAY, OCTOBER 5, 2023**  
**9 AM – 5 PM**

**OFL CLASSROOMS**  
**895 Don Mills Road**  
**Toronto, Ontario**

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

## WHY TAKE AN MHFA COURSE?

### STIGMA

There is stigma associated with mental health problems. Evidence shows that taking an MHFA courses reduces social distance between the participant and someone experiencing a mental health problem.

### AWARENESS

One person in five will experience a mental health problem this year. Evidence shows that MHFA course participants increase their awareness of signs and symptoms of the most common mental health problems.

### CONFIDENCE

The most difficult part of intervening is knowing what to say. Evidence shows that taking a MHFA course increases the confidence participants have in engaging someone experiencing a mental health problem or crisis.

**Cost: \$199**

(Includes HST, course materials, guided instruction, certificate of completion, lunch.)

## TOPICS

- Mental Health and Stigma**
- Substance-related disorders**
- Mood-related disorders**
- Anxiety and trauma-related disorders**
- Psychotic disorders**

**REGISTRATION:**  
**preventionlink.ca**

