

# Mental Health First Aid Certification

## March 4 & 5, 2026

*Prevention Link is pleased to offer MHFA courses developed by the Mental Health Commission of Canada.*



## Mental Health First Aid Certification

### **This course, upon completion and assessment, provides participants with:**

- » A clear understanding of the role and responsibilities of a Mental Health First Aider
- » Knowledge of mental health and illness, including the impact of stigma and how to recognize mental health on a continuum
- » Hands-on experience applying ALGES to support people showing early signs of mental health decline
- » Effective communication techniques
- » Reflective Self-Awareness tools and strategies to maintain your own mental health and commit to sustainable self-care routine
- » A custom list of local community mental health resources
- » A nationally recognized MHFA Certification that is valid for three years

Mental Health First Aid (MHFA) training provides the knowledge, skills, and attitudes to support a person who may be experiencing a decline in their mental well-being, a mental health or substance use crisis until professional help is available.

The practical skills of MHFA help you develop the confidence and peace of mind knowing you can support those around you, and your ability to self-care and prioritize your well-being while supporting others.

### **Course Duration:** Two days

Please note that attendance is required for both days.

**Time:** 8:30 a.m. – 4:30 p.m.

### **Location:** Workers Health & Safety Centre

841 Wellington Rd., Unit B2, London, ON N6E 3R5

### **Cost:** \$203.40 (\$180 plus HST.)

The cost includes course materials, certificates, and lunch. Spaces are limited.

**Deadline:** February 18, 2026

## **Register at [preventionlink.ca](https://preventionlink.ca)**

**For more information, please contact us at [info@preventionlink.ca](mailto:info@preventionlink.ca)**