



**One in five Canadians will experience a mental health
problem in their lifetime.**

Will you know how to help?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis resolved.

The 12-hour **basic** training course covers the following topics:

- Signs and symptoms of common mental health problems and crisis situations
- A basic model to provide Mental Health First Aid
- Information about how to help in a crisis and how to help prevent a crisis from arising
- Encouraging a person to identify options for help

This **basic** level interactive course teaches practical skills using a model that is easy to remember and apply in real life settings. It is appropriate for those with limited or no knowledge of mental health concerns.

This two day workshop is being offered over four Wednesday evenings

February 6th, 13th, 20th and 27th, 2019

Time: 6:00pm to 9:30pm

in Guelph

(address disclosed upon registration)

Cost is \$160.00

To register visit www.cmhaww.ca/events

