



# Mental Health First Aid - Basic



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

**Mental Health First Aid Canada**

## Anyone Can be Trained to Help

MHFA Basic is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces.

### The workshop will teach participants to:

- ✓ Recognize the signs and symptoms of mental health problems.
- ✓ Provide initial help.
- ✓ Guide a person towards appropriate professional help.
- ✓ Apply crisis first aid skills for substance overdose, suicidal behaviour, panic attack. acute stress reaction, and psychotic episode.
- ✓ Improve their own mental health.

Our next public course offering for MHFA - Basic will be held at  
**NLHHN, 77 Charter Avenue, St. John's, NL** on:

**April 30 - May 1, 2020 • 8:30 AM – 4:30 PM**

Learn more and register at <https://cmhanl.info/training>.

PRESENTED BY:



Canadian Mental Health Association  
Newfoundland & Labrador  
*Mental health for all*

IN PARTNERSHIP WITH:



SPONSORED BY:

