

MENTAL HEALTH FIRST AID

Facilitated by Brittany Bullock, Canadian Mental Health Association

Mental Health First Aid (MHFA)

is the support provided to a person who may be experiencing a decline in their mental well-being or 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 is resolved.

*Mental Health First Aid **DOES NOT** teach people to be therapists*

UPCOMING IN-PERSON WORKSHOP

February 7, 2025

9:00am- 5:00pm

Cambridge Butterfly Conservatory
2500 Kossuth Road, Cambridge
N3H 4R7

COURSE FEE:

\$125.00 collected at registration through Paypal

**FEE INCLUDES BREAKFAST, LUNCH, TEA AND COFFEE
WITH ACCESS TO THE CONSERVATORY.**

**FOR MORE INFORMATION OR TO REGISTER VISIT
WWW.WWSELFMANAGEMENT.CA
OR CALL 1-866-337-3318**

COURSE OBJECTIVES

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis
- Have conversations that encourage a person to:
 - Talk about declines in their mental well-being
 - Discuss professional and other supports that could help with recovery to improved mental well-being
 - Reach out to these supports
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being

Participants will receive the "MHFA Participant Reference Guide" that outlines MHFA actions for developing mental health and substance use problems, and mental health and substance use crises