



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

FREE Mental Health First Aid Training

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. 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 is resolved.

This training teaches people how to:

- **Recognize the signs and symptoms of mental health problems.**
- **Provide initial help.**
- **Guide a person towards appropriate professional help.**



Sept. 12-13th
(9am-4pm)

Held at **Burleigh Falls Inn**
4791 Highway 28, Lakefield

Breakfast and Lunch Provided

Cost: FREE



To Register or Inquire Please Contact **Aubrey** at aandrus@dmhs.ca