

# First Aid Includes Mental Health

Become a Mental Health First Aid Training Provider  
**Tangible. Timely. Effective.**

## WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis.

Just like with physical first aid, having someone close by who can identify an emerging mental health problem and intervene in a mental health crisis helps provide comfort and potentially preserve life for those who need it in our communities and in our workplaces.

## WHAT IS AN MHFA TRAINING PROVIDER?

Training providers employ certified MHFA instructors to teach MHFA curriculum. Training providers set and collect their own fees for MHFA training courses.

## WHAT ARE THE BENEFITS?

Making Mental Health First Aid training a priority has tangible results:

- Increased awareness
- Decreased stigma
- Increased helping behaviour

## WHY BECOME A TRAINING PROVIDER?

Organizations focused on youth, new immigrants, employment services or health care across Canada are experiencing the benefits of providing Mental Health First Aid training:

- **Providing a valuable service** by administering proper training to ensure effective intervention in a mental health crisis
- **Expanding organizational service offerings** and relevance by starting an important conversation about the impact of mental health
- **Making steps toward your organization's vision** by improving the mental health of employees, clients and stakeholders
- **Generating revenue** to enhance programs and services through collecting course fees

"I had to use the skills I gained in Mental Health First Aid TWICE in the very first week I finished it. Having the training makes an incredible difference in being able to have a helpful conversation with people."

-MHFA Participant

**Call 1-866-989-3985 to find out more about becoming an MHFA Training Provider. To find the nearest instructor training course, visit [www.mhfa.ca](http://www.mhfa.ca)**

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**Mental Health  
First Aid** CANADA



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health First Aid is an evidence-based program of the Mental Health Commission of Canada.

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)