

1 in 3 Canadians will experience a mental health problem in their lifetime...

Will you know how to help?



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

A two-day basic course that teaches people with limited or no mental health knowledge how to help someone showing signs of a mental health problem or experiencing a mental health crisis. Topics include:

- Signs and symptoms of mental health problems and crisis situations
- A basic model to provide Mental Health First Aid and encourage future help
- Information about how to help in a crisis

2015 Upcoming Courses

Sept 10th & 11th – Moncton
Sept 12th & 13th – Moncton

Sept 17th & 18th - Bathurst
Sept 19th & 20th – Bouctouche

Sept 24th & 25th – Moncton

Cost: \$299 + tax/per person, \$249 + tax for students

Register by emailing: lynn@lynnrichard.com or online at: www.mentalhealthfirstaid.ca

**Mental Health
First Aid** CANADA



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA