



## BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.

*"If I sprain my ankle, chances are you'll know what to do.  
If I have a panic attack, chances are you won't."*

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

### **Course Name: Mental Health First Aid SENIORS**

**Description:** Help the older adults who are in your professional or personal life. Course is 14 hours.

**Date & Times:** Sept. 9 & Sept. 10, 2019 (8:30 a.m. to 4:00 p.m.)

**Venue:** Vegreville Sunshine Club 4630—49 St.

**Cost:** \$65.00 includes lunch each day

**To Register:** Call VegMin Learning Society 780-632-7920

or visit 4923-50 St. Vegreville

### **What you can expect from this course:**

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

**Mental Health First Aid Canada**  
**Premiers soins en santé mentale**

