



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: October 24 & 25 (8:30 a.m. to 4:00 p.m.)

Venue: Vegreville Sunshine Club 4630—49 St.

Cost: \$280 includes manual and 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

