



Mental Health First Aid

Certification



M e n t a l H e a l t h F i r s t A i d

C e r t i f i e d s k i l l s , C o n f

Mental Health First Aid is a new addition to the training portfolio, provides participants with a robust program leading to a  three years. Through the course, participants increase mental health  enhance their own mental well-being. The course is delivered in a two-day, scenario-based format.



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA



Mental Health First Aid Certification

AN
OPENING MINDS
PROGRAM

www.commresponse.com
commresponse@outlook.com



Recommended for:
The general public, workplaces, and communities



What you'll gain:
A clear understanding and responsibility as a Mental Health First Aider



Format:

Fully facilitated delivery with various knowledge of mental illness, including stigma and how to respond



Course length:

2-days (7.5 hours per day)



Certification:

Mental Health First Aid (MHFA) Certification provides participants with experience a nationally recognized certification that is valid for three years. To maintain certification after three years, individuals must re-take the course. Strategies to maintain mental health and sustainable self-care.

Public courses for individuals and small groups are available on our website. Workplace solutions are available for organizations. Our team who can support you in building a plan for your organization.

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We operate coast to coast to coast—united by a national community of Opening Minds not-for-profit social entrepreneurs. Mental Health First Aid is established by the Commission of Canada, providing training and tools to talk about mental health, shift negative attitudes, and reduce stigma – making it the largest systematic effort in Canadian history focused on eliminating stigma.



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Commission de
la santé mentale
du Canada