

## **Mental Health First Aid**

Mental Health First Aid is a training course designed to give members of the public the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it builds mental health literacy, decreases stigmatizing attitudes, and helps individuals identify, understand, and respond to signs of mental illness.

Canadian statistics show that one in five Canadians will experience a mental health problem this year. MHFA is an interactive workshop that teaches participants to recognize the signs that a person may be developing a mental health problem or experiencing a mental health crisis and how to provide initial help and guide the person to appropriate professional resources.

<https://www.mhfa.ca/en/common-questions-about-mhfa>