

DO YOU KNOW HOW TO HELP SOMEONE EXPERIENCING A MENTAL HEALTH CRISIS?

Become a Mental Health First Aider to learn these skills and more.

You could save a life.

What is Mental Health First Aid?

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. Mental Health First Aid Basic is a 2-day, 12-hour course focused on adults interacting with adults in all environments.

Crisis first aid skills for the following situations are learned:

- > Substance overdose
- > Suicidal behaviour
- > Panic attack
- > Acute stress reaction
- > Psychotic episode

Upcoming Courses

Course:	Mental Health First Aid (Basic)
Date:	Tuesday, May 8th & Friday, May 11th 8:45 AM – 4:00 PM
Location:	Telfer Burke Room, Hope Centre 1 st Floor, 1337 St. Andrews Ave. North Vancouver, BC, V7L 0B8
Cost:	Early Bird (until April 10) - \$175 Regular Registration - \$200 <i>We have a number of sliding scale spots available; please contact us for details</i>
Instructor:	Elaina Moss
Contact us:	604-987-6959 northshore@cmha.bc.ca

Register now at: <https://bit.ly/2G4W1vV>



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Mental health for all