



Canadian Mental
Health Association
Kelowna
Mental health for all



THE UNIVERSITY
OF BRITISH COLUMBIA

Mental Health First Aid

November 17 & 18 from 8:30am to 4:00pm

Mental Health First Aid (MHFA) shares the same overall purpose as traditional first aid - to save lives. This course is appropriate for individuals, workplaces, service providers, and more.



Created by the Mental Health Commission of Canada and delivered by experienced, professional, and engaging facilitators from CMHA Kelowna and UBC, MHFA includes:

- explanations of mental health, mental illness, and mental health problems
- signs and symptoms of common mental health problems and crisis situations
- information about effective interventions and treatments
- ways to access professional help

Registration Information:

Questions about the course? Contact Amanda
Swoboda @ CMHA Kelowna: 250-861-3644



Mental Health
Commission
of Canada
Commission de
la santé mentale
du Canada