



Basic Mental Health First Aid

Course Overview

\$380

Mental Health First Aid is the support provided to a person who may be experiencing a mental health crisis, or showing a decline in their mental well-being. This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities and workplaces.

Additional Information

Mental Health First Aid tickets do not expire, however it is recommended that you retake the course every 2 years as a refresher.

**16 hours
Offered over 2 days**

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2023S

March 22 & 23, 2023

Wednesday & Thursday | 8:30 am-4:30 pm

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Please register before the recommended date as courses under-enrolled as of this date may be postponed. Registrations after this date will be accepted if space is available.

Did you know?

Mental health and well-being are so much bigger than one person. They include every part of our lives. When people have the right tools and supports in place, they can flourish regardless of health problems. When people do not have the support they need or are excluded, the entire community suffers.

**[northernbc.cmha.ca/
mental-health-information](http://northernbc.cmha.ca/mental-health-information)**

Ready to Register?

Phone 250 997 7200

or drop by during office hours to register in person.

FOR MORE INFORMATION:

P 250 997 7200

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Canadian Mental
Health Association
Mental health for all



School of Access
& Continuing Education