

Mental Health First Aid

Course Overview

Anyone can benefit from Mental Health First Aid. Families effected by mental health problems, teachers, health service providers, emergency workers, front line workers who deal with the public, volunteers, human resources, human resources professionals, employers and community groups are just a few of the groups who have benefited from Mental Health First Aid.

This 12-hour course is open to everyone. Participants will learn how to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.

Fees

Tuition - \$284.98 inc student fees
Manual - \$35.00

Ready to Register?

FOR MORE INFORMATION:

P 250 997 7200

E cncmackenzie@cnc.bc.ca

cnc.bc.ca/mackenzie

12 hours

Date: March 2 - 3, 2020

8:30 am - 3:30 pm

2020S CECX 120 CI301

Did you know?

1 in 5 Canadians will be living with a mental health problem this year.

"If I sprain my ankle, chances are you'll know what to do. If I have a panic attack, chances are you won't"

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