



# Mental Health First Aid

## Course Overview

Mental Health First Aid is a nationally recognized training program that teaches participants how to recognize, assist, and support individuals experiencing mental health challenges or crises. Offered by Canadian Mental Health Association (CHMA), this course provides practical strategies to respond effectively and connect individuals with appropriate resources.

**16 Hours (2 Days)**  
**In-Person**

## Ready to Register?

Request for [Registration](#)  
and/or [Sponsor an Employee Form](#)

### FOR MORE INFORMATION:

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