



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada



MHFA Basic Registration

November 12 & 13, 2024

Dryden, ON

8:30-4:30pm

In the MHFA course, you will gain a solid understanding of the 5 basic actions of ALGEE: Assess the risk of suicide and/or harm, Listen non-judgmentally, Give reassurance, Encourage professional support, Encourage other supports.

ALGEE is the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.

Key outcomes

International evaluations and feedback have found the following outcomes for participants undertaking an MHFA course:

- Increased awareness of signs and symptoms of the most common mental health problems
- Decreased stigma related to mental health
- Increased confidence interacting with individuals experiencing a mental health problem or crisis
- Increased help actually provided to individuals in crisis or experiencing a mental health problem

Crisis first aid skills learned: Substance overdose, Suicidal behaviour, Panic attack, Acute stress reaction, Psychotic episode

The cost of this two day certified workshop is \$295.00 plus HST, cost includes lunch, participant package and certificate. Please note that participants are required to attend both days of training to receive certification. Seats will be filled on a first come, first served basis.

Name for Certificate (print clearly):

Organization:

E-mail:

Telephone:

Do you have any special dietary needs?

Sorry, no refunds. Registrations are transferable to another person for the same date. For reasons beyond our control such as severe weather, insufficient enrollment, etc. workshop may be cancelled and refunded in full. Once we have received your registration an invoice will be sent, payment must be made prior to workshop date.

If you have any questions, please contact us at (807) 938-5079 or northernhorizons@outlook.com.

