

# MENTAL HEALTH IS OUR PRIORITY

Mental Health First Aid (MHFA) provides you with the skills needed to extend crucial support to individuals navigating mental health crises or challenges. Much like traditional first aid, MHFA fosters the ability to identify common signs of distress and deliver immediate aid until professional assistance is accessible.

**Equipping our community  
to support today's youth.**

CONTACT US FOR TRAINING



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## **Enhanced Awareness:**

Gain vital insights to recognize early signs of mental well-being decline.

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## **Transcendent Skills:**

Our courses provide you with practical skills that you can apply to better support those around you at home, work or in your community.

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## **Crisis Management:**

Acquire essential tools to assist effectively during mental health crisis.

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Working for Montreal Youth Unlimited, Sarah Brooker specializes in empowering youth in the Greater Montreal area, and is a certified Mental Health First Aid (MHFA) facilitator with the Mental Health Commission of Canada.

As youth workers, we are witnessing a growing need for community members to acquire mental health awareness and knowledge, as mental health among youth becomes an increasingly urgent issue. It is crucial that we are able to recognize the warning signs and know how to respond to mental health situations or crises. MHFA training will equip community members with the skills to offer effective support and guidance to the youth in their sphere of influence. Being able to provide help and direct young people to appropriate resources is essential.



**Opening  
Minds**

MENTAL HEALTH  
COMMISSION  
OF CANADA



<https://openingminds.org/training/mhfa/>

## Course Structure Tailored for Impact

- **Module 1: Self-Directed (2 Hours):** An introductory module that lays the foundation of MHFA actions.
- **Module 2: Live Classroom (3.5 hours):** Focuses on applying MHFA actions in scenarios of declining mental well-being and adapting conversations for diverse groups.
- **Module 3: Live Classroom (3.5 hours):** Enhances skills in crisis management and highlights the importance of self-care.

**Virtual Classes:** Intimate sessions of 8 to 15 participants.

**In-Person Classes:** Engaging experiences for 8 to 25 participants.