



**If I sprain my ankle,
chances are you'll know what to do**



**If I have a panic attack,
chances are you won't**

Mental Health First Aid CANADA

FIRST AID INCLUDES MENTAL HEALTH

If you've taken a physical first aid course; you've learned the skills needed to help in an emergency.

People can also have mental health emergencies, and it is important that more Canadians know how to provide help in these situations too.

Become an instructor and train others in your community and workplace how to recognize and respond to the signs and symptoms of mental health problems.

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The views represented herein solely represent the views of the Mental Health Commission of Canada.
Production of this document is made possible through a financial contribution from Health Canada.



**Mental Health
Commission
of Canada**

**Commission de
la santé mentale
du Canada**