

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

Mental Health First Aid Training



During the week of November 6th 2017 (final dates to be determined), the Northern Haida Gwaii Child & Youth Mental Health & Substance Use Collaborative will be offering Mental Health First Aid (MHFA) training. There will be 2 sessions offered:

- 1) **Basic MHFA**
- 2) **Adults Who Interact/Work With Youth**

1

MHFA Basic is intended for adult community members.

12 hours of course time required to receive certificate.

2

MHFA Adults who Interact with Youth is intended for an adult audience whose primary focus is youth aged 14-25.

14 hours of course time required to receive certificate.

Registration is limited and required for this training. Priority will be given to North-end community members. Please register by October 27th 2017 by calling Rachel at 250-626-6052, or emailing Sandra at sandradanruss@gmail.com

**** This is a training course, not a group for personal sharing ****



Mental Health
Commission
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la santé mentale
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