



MENTAL HEALTH FIRST AID

WOULD YOU KNOW WHAT TO DO?

DATES: JULY 27 & 28. 2017

TIMES: 9 – 4:30 P.M. BOTH DAYS

LOCATION: SUITE 205, 44 KING STREET, BRANTFORD

FACILITATED BY: JOANNE CLELAND

CANADIAN MENTAL HEALTH ASSOC. BRANT, HALDIMAND AND NORFOLK

Become a Mental Health First Aider!

To register contact:

Joanne Cleland at 519-428-2380 ext. 211

joanne@cmhabhn.ca

Cost: \$ 160.00 per person

Includes Manual, light snacks and beverages. Lunch is not included.

Registration deadline: July 3.2017

Attendance is required for both days to become a certified mental health first aider.

- ✓ Mental Health First Aid Canada is a program of the Mental Health Commission of Canada
- ✓ In Canada, **one** person in **three** will experience a mental health problem in their lifetime
- ✓ **One** in **five** will experience some problem with their mental health in the course of a year
- ✓ Half of all mental disorders begin by age 14 and **75%** begin by age 24
- ✓ **Join over 100, 000** mental health first aiders across Canada and get involved



Canadian Mental Health Association
Brant-Haldimand-Norfolk
Mental health for all



Helping Ourselves through
Peer Support & Employment



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada