

# Mental Health First Aid Standard–Virtual

MHFA is the support offered to a person who may be experiencing a decline in their mental well-being. Course participants will learn to recognize the signs that someone may be experiencing a decline in their mental health or may be experiencing a mental health crisis and learn to use MHFA actions to help.

Open to everyone!

**June 24 & 25, 2021**

**9:00am to 12:30pm BOTH DAYS via zoom**

**Course fee: \$180.00**

**This is a Blended Learning Course.**

**Completion of a 2 hour self-directed Module is a pre-requisite.**

To learn more or to register contact  
[joanne@hopebrant.ca](mailto:joanne@hopebrant.ca) 519-751-1694