



**Canadian Mental
Health Association**
Cochrane-Timiskaming
Mental health for all



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

**Mental Health
First Aid CANADA**

MHFA Registration Form

Complete this form and email it to adenis@cmhact.ca before April 24th.

Location: 330 Second Avenue, First Floor Boardroom

Dates: April 27th and 28th, 2017

Times: 9 a.m. to 4 p.m. (One hour lunch break between noon and 1p.m.)

Cost: \$30 (include manual, certificate and light refreshments) Payment by cheque to be made to CMHA Cochrane-Timiskaming and paid before the course.

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| Name | |
| Email (required for registration confirmation and certificate) | |
| Phone Number | |

About MHFA:

The Mental Health First Aid (MHFA) training course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. MHFA Canada teaches mental health first aid skills. The course does not train people to be therapists, counselors, or mental health professionals. The philosophy behind MHFA Canada is that mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, then members of the public can take action that may reduce the harm that could result.