



Mental Health First Aid

Certification



Mental Health First Aid: Certification

Certified skills, Confident support

Mental Health First Aid: Certification a new addition to the training portfolio, provides participants with a robust program leading to a nationally recognized Mental Health First Aid certification valid for three years. Through the course, participants increase mental health awareness, build confidence to provide support, reduce stigma, and enhance their own mental well-being. The course is delivered in a two-day, scenario-based format.



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA



Mental Health First Aid

Certification

AN
OPENING MINDS
PROGRAM



Recommended for:

The general public, workplaces, and communities



Format:

Fully facilitated, with virtual and in-person options



Course length:

2-days (7.5 hours per day)



Certification:

Mental Health First Aid (MHFA) Certification provides participants with a nationally recognized certification that is valid for three years. To maintain certification after three years, individuals must re-take the course.



What you'll gain:

- A clear understanding of the role and responsibilities of a Mental Health First Aider
- Knowledge of mental health and illness, including the impact of stigma and how to recognize mental health on a continuum
- A custom list of local community mental health resources
- Hands-on experience applying ALGES to support people showing early signs of mental health decline
- Strategies to maintain your own mental health and commit to sustainable self-care routine

Public courses for individuals and small groups are available for booking through our website. Workplace solutions are available through our Engagement team who can support you in building a plan that meets the needs of your organization. **Email solutions@openingminds.org to get started.**



We operate coast to coast to coast—united by a national community of expert facilitators. Opening Minds, a not-for-profit social enterprise established by the **Mental Health Commission of Canada (MHCC)**, providing training and tools to talk about mental health, shift negative attitudes, and reduce stigma – making it the largest systematic effort in Canadian history focused on eliminating stigma.



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Commission de
la santé mentale
du Canada