



Mental Health First Aid

Essentials



Mental Health First Aid: Essentials

Skills for every setting

Mental Health First Aid (MHFA) Essentials equips you with practical skills to support someone facing a mental health or substance use challenge until professional help is available. The course builds confidence, reduces stigma, and enhances self-care, offering a strong foundation in MHFA principles without formal certification. MHFA Essentials is ideal for individuals, teams, and communities in any setting.



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA



Mental Health First Aid Essentials

AN
OPENING MINDS
PROGRAM



Recommended for:

The Essentials course is designed to support a broad range of audiences and is relevant across workplaces, schools, families, and communities.



Format:

Fully facilitated, with virtual and in-person options



Course length:

7.5 hours

Please note:

MHFA Essentials does not lead to an official certification for participants.



What you'll gain:

- An increase in mental health awareness
- An understanding of stigma, diagnostic labeling, and barriers to helping
- How to use the ALGES framework to provide support
- Effective communication techniques while supporting
- Develop skills to reflect on your own mental health
- An understanding of mental health support resources and mapping

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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