

# Mental Health First Aid



## Why Mental Health First Aid?

**REDUCE THE STIGMA AND  
INCREASE AWARENESS OF  
MENTAL HEALTH PROBLEMS AND  
DEVELOP CONFIDENCE TO  
INTERACT WITH INDIVIDUALS  
EXPERIENCING A MENTAL HEALTH  
PROBLEM**

**For more information or  
registration contact  
[tinytalkscounselling@gmail.com](mailto:tinytalkscounselling@gmail.com)**

---

More details can be found at  
[mentalhealthcommission.ca](http://mentalhealthcommission.ca)

**Sunday March 24th  
9:00am - 5:00pm CST  
Virtual  
\$200/person**