Vancouver Coastal Health

Peer Led Workshops
Consumer Involvement & Initiatives
www.spotlightonmentalhealth.com

Recovery College VCH

Mental Health First Aid

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing mental health crises or a decline in their mental well-being.

The 2-day Mental Health First Aid Certification course provides the knowledge, skills, and attitudes for participants to recognize changes in mental health, respond supportively, and apply practical actions for declining mental health and crisis situations. It helps participants build confidence, reduce stigma, and enhance their own mental health. This course is certified by the Mental Health Commission of Canada and taught by Mental Health First Aid Facilitator, Carla Abichahine.

Learn how to:

- Recognize changes in mental health, respond supportively, and apply practical actions for declining mental health and crisis situations
- Have conversations that encourage a person to talk about their mental well-being, discuss professional and other supports that could help with recovery to improved mental well-being, and reach out to these supports
- Assist in a mental health and crisis situations
- Check in with one's own mental well-being and take action as needed

Date: November 19 & 20, 2026

Time: 9:00AM - 4:30PM (both days)

Venue: Room 202
520 West 6th Avenue
Vancouver, BC, V5Z 4H5



Carla Abichahine
Facilitator

Founder of CDA Training & Development

Attendance for the full two days is required to receive a certificate

To register: www.spotlightonmentalhealth.com/event/mhfa-nov-2026