

# MENTAL HEALTH FIRST AID

## INSTRUCTOR

### CINDY KRYSAC PROFILE:

Cindy is an experienced and trusted Mental Health First Aid Canada Instructor, she has taught MHFA to over 1,000 participants. She applies evidence based teaching methods to create an effective and comfortable learning experience, while inspiring participants with her knowledge and passion for mental health awareness.

*"Very safe learning environment created, I feel privileged to have had you as an instructor."*

*"Thank you Cindy! Especially for so many great examples (real life best practice) and for sharing lived experience and workplace situations."*

*"This was a wonderful experience, time very well spent. I am grateful for your sensitivity and enthusiasm, which kept us going for hours and hours! :)"*

1 IN 5 CANADIANS WILL EXPERIENCE A MENTAL HEALTH PROBLEM IN A YEAR

YOU CAN LEARN TO HELP FAMILY, FRIENDS, COWORKERS

## UPCOMING: MENTAL HEALTH FIRST AID BASIC AT ST. PHILIPS CHURCH PARISH HALL

**SATURDAY AUGUST 17 & SATURDAY AUGUST 24  
9 A.M. TO 4 P.M.**

6 HOURS OF CLASS TIME EACH DAY, FULL ATTENDANCE FOR ALL 12 HOURS  
IS REQUIRED FOR CERTIFICATION

\$180, OR \$160 FOR STUDENTS

REGISTER WITH A FRIEND AND EACH RECEIVE A \$20 DISCOUNT

TO REGISTER, CONTACT THE INSTRUCTOR AT  
**CINDYKRYSAC@GMAIL.COM**

### What is Mental Health First Aid MHFA?

MHFA is help for a person experiencing a mental health problem or a mental health crisis. Just like physical first aid, the goal is to offer a person immediate assistance until they can receive appropriate professional treatment or until the crisis is over.

MHFA Canada is an evidence-based program of The Mental Health Commission of Canada. Successful participants will be awarded a certificate.

### Who should learn MHFA?

MHFA Basic is a 12-hour course for anyone, no previous mental health experience is necessary. It can benefit teachers, health care professionals, emergency service workers, human resource professionals, employers, managers and supervisors, community groups, family members and the public. MHFA Basic is a course focused on adults interacting with adults in all environments.

CONTACT THE INSTRUCTOR  
TO REGISTER

[cindykrysac@gmail.com](mailto:cindykrysac@gmail.com)



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

**Mental Health First Aid Canada**  
**Premiers soins en santé mentale**

