I AM HERE TO LISTEN.

TRAINING & POSTER PROVIDED
BY ALISONBUTLER.CA

I AM TRAINED TO PROVIDE MENTAL HEALTH FIRST AID.

I can provide immediate support and guidance in a safe environment.

I can comfortably have a conversation about mental health issues.

Ask me about professional and other supports.

Mental Health Commission of Canada
Commission de la santé mentale du Canada

Mental Health First Aid Canada
Premiers soins en santé mentale