

# MENTAL HEALTH FIRST AID (MHFA): A PRACTICAL TOOL FOR MINISTRY IN COMPLEX ENVIRONMENTS



Mental Health First Aid (MHFA) is an internationally recognized, evidence-based program that equips ordinary people to recognize signs of mental health or substance-use challenges and respond safely and supportively. Much like physical first aid prepares us for medical emergencies, MHFA gives ministry leaders and volunteers the confidence to offer calm, appropriate help until professional resources can be engaged.

Certified through the Mental Health Commission of Canada (MHCC), Emmaus Mental Health Ministries is pleased to offer MHFA training to churches and community ministries serving Regina's downtown and beyond.

## WHY MHFA MATTERS FOR OUR MINISTRY

Communities across our city are facing increased homelessness, mental health struggles, and substance-use challenges, making ministry complex. MHFA helps leaders offer Christ-like accompaniment while maintaining personal and community safety.

### Participants learn to:

- Notice signs of declining mental well-being or escalating distress
- Respond with practical, evidence-based steps
- Maintain healthy boundaries and ensure personal safety
- Connect individuals to appropriate crisis, health, and community supports
- Foster compassion and reduce stigma within their ministry context

*MHFA does not teach diagnosis or therapy. It strengthens your team's ability to support people with dignity and clarity.*

## TWO TRAINING OPTIONS

### Training Options

#### 1. MHFA Standard Certification

Duration: 2 days (12 hours)

Cost: \$95 per person

Ideal for pastors, outreach teams, frontline volunteers, and ministry staff.

Includes comprehensive training in recognizing and responding to mental health and substance-use concerns, plus official MHCC certification.

#### 2. MHFA Essentials

Duration: 1 day (6 hours)

Cost: \$75 per person

Ideal for volunteers or ministries needing a solid, time-efficient introduction to mental health response.

Includes core MHFA concepts and practical crisis-response steps.



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One in five Canadians  
will have a mental  
health problem  
this year.

With Mental Health First Aid,  
you can make a difference  
in someone's life.

PRIVILEGE  
MENTAL  
HEALTH



**Mental Health  
First Aid**

An  
Opening Minds  
Program

## HOW MHFA SUPPORTS YOUR COMMUNITY

MHFA complements Christian outreach by helping ministries build:

- Safer gatherings for congregants, guests, and volunteers
- Leaders who feel confident—not overwhelmed—when challenges arise
- Stronger connections to local health and social supports
- Compassionate spaces where people feel seen, heard, and valued



## INTERESTED IN BOOKING A COURSE?

We offer training for individual congregations or joint workshops for multiple churches. Courses can be delivered on-site or virtually.

### Contact:

Deacon Eric Gurash – Emmaus Support Mental Health Ministries

Phone: 306-721-6724

Email: [egurash@archregina.sk.ca](mailto:egurash@archregina.sk.ca)

Website: [emmaussupport.ca](http://emmaussupport.ca)

Learn More about MHFA at:  
<https://openingminds.org/training/mhfa/>

