



## LMS Instructions for Participants

### STEP 1: Access

To access Module 1 of the course, go to this [page](#) and click on “Take this course”:

learn.openingminds.ca/courses/mental-health-first-aid/

Mental Health Commission of Canada | Commission de la santé mentale du Canada | Opening Minds Learning | Français | Sign in

MENTAL HEALTH FIRST AID

# Mental Health First Aid Standard (Virtual)

View Training details ▾

The Mental Health Commission of Canada reports that one in every five Canadians experiences a mental health or substance use problem within a given year. While people often know a lot about physical illness, most people have less knowledge about mental health or substance use problems. This lack of understanding often leads to fear and negative attitudes towards those living with these problems. It prevents people from seeking help for themselves, and from providing appropriate support to people around them.

Not Enrolled

**Take this Course**

**TRAINING INCLUDES**

- 1 Module
- 13 Topics
- 1 Quiz
- Training Certificate

### STEP 2: Create Account

Enter First Name, Last Name, Email Address, Registration Code, and set a password. Click on “Register”.  
*Registration Code = this is the code that was uniquely provided for the participant – by either MHCC, the facilitator, or the host organization.*

learn.openingminds.ca/mhfa-registration/

Mental Health Commission of Canada | Commission de la santé mentale du Canada | Opening Minds Learning | Sign in

### Mental Health First Aid Online Registration

Use the enrollment code provided to you by your facilitator to register for this online module.

If you are already registered, [click here to login](#).

**Name \***

isabelle Letourneau  
First Last

**Email \***

email@domain.ca email@domain.ca  
Enter Email Confirm Email

**Password \***

\*\*\*\*\*  
Enter Password Confirm Password

**Enrollment Code \***

EnterCodeHere

**Register**



### STEP 3: Enter Training Module

You will be re-directed here. Click on “Start Training”:

learn.openingminds.ca/courses/mental-health-first-aid/

Mental Health Commission of Canada | Commission de la santé mentale du Canada | Opening Minds Learning | Français | UserName

## MENTAL HEALTH FIRST AID

# Mental Health First Aid Standard (Virtual)

View Training details

0% Complete  
Last activity on October 14, 2020

### Course Materials

**Mental Health First Aid Reference Guide**  
Click here to download the Mental Health First Aid reference guide (PDF)

**TRAINING INCLUDES**

- 1 Module
- 13 Topics
- 1 Quiz
- Training Certificate

### STEP 4: Selecting the Topic

This will give participants access to the contents of Module 1 of the course. On the left side of the platform, click on “Introduction” to access the first topic in Module 1. Users must finish one topic before moving on to the next.

Mental Health Commission of Canada | Commission de la santé mentale du Canada | Opening Minds Learning | Français | UserName

Mental Health First Aid - Module 1: Introduction to the Course and to MHFA Actions

MODULE 1 OF 1

## Module 1 : Introduction to the Course and to MHFA Actions

**Welcome to MHFA**  
Here is an overview of the three modules of this course.

**Self Directed**  
2 Hours  
Introduction to MHFA

This opening module sets the context of the course and introduces participants to MHFA actions. It familiarizes participants with information and strategies that they will practice in Modules 2 and 3.

**Virtual Classroom**

Back to Training

**Mental Health First Aid**

0% Complete  
Last activity on October 9, 2020

- Module 1 - Introduction to the ... 13 Topics
  - Introduction**
  - What is MHFA?
  - Why is MHFA needed?
  - Course Overview
  - Safety Guidelines
  - Introduction to MHFA Actions - ALGEE
  - MHFA Actions in Action
  - Role of a First Aider
  - Key Knowledge, Attitudes, & Behaviours
  - Self Assessment
  - Key Knowledge - Terminology

### STEP 5: Progress

You may complete some or all topics at a given time. Your progress in the module will be saved as you go. You can log in to your account at a later time to complete the remaining sections.

The screenshot shows the course interface for 'What is MHFA?'. On the left, a sidebar lists 13 topics, with 'What is MHFA?' highlighted. The main content area shows 'MODULE 1, TOPIC 2' with a '7% Complete' progress bar. Below the progress bar is an illustration of a healthcare professional talking to a person, with the text: 'MHFA is the help provided to a person who is showing signs of declining mental well-being or experiencing a crisis.'

### STEP 6: Quiz

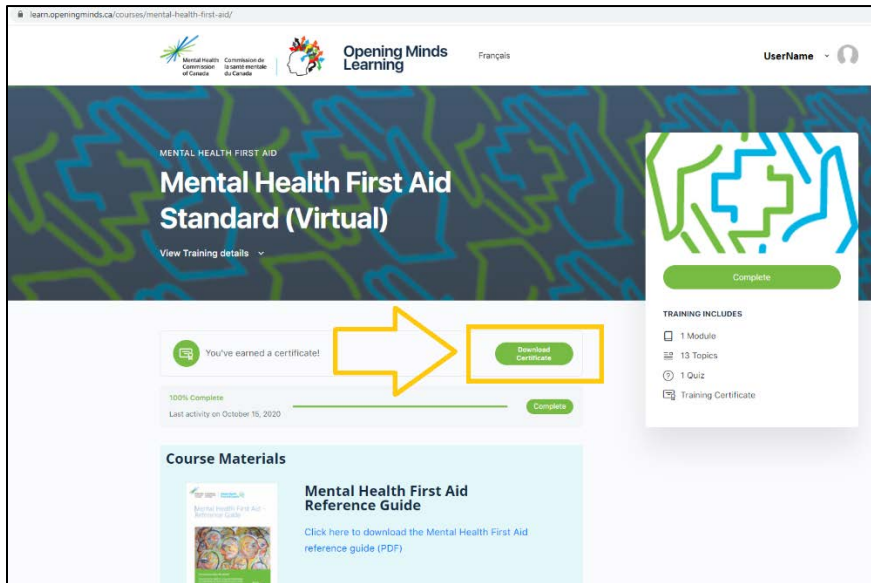
After completing all the required topics, you will gain access to the Quiz. The completion of this quiz is required before you participate in the virtual classroom, Modules 2 and 3 (facilitator-led sessions). There is no pass/fail requirement. Click on **“Start Quiz”**:

The screenshot shows the course completion page. The sidebar on the left indicates '100% Complete' for all 13 topics. The main content area includes a thank-you message, 'Requirements' (to highlight key concepts and familiarize with the Reference Guide), 'Questions/Comments' (with contact information for Program Development), and a 'Feedback Form' link. A yellow box highlights the 'Start Quiz' button, with a yellow arrow pointing to it from the right.



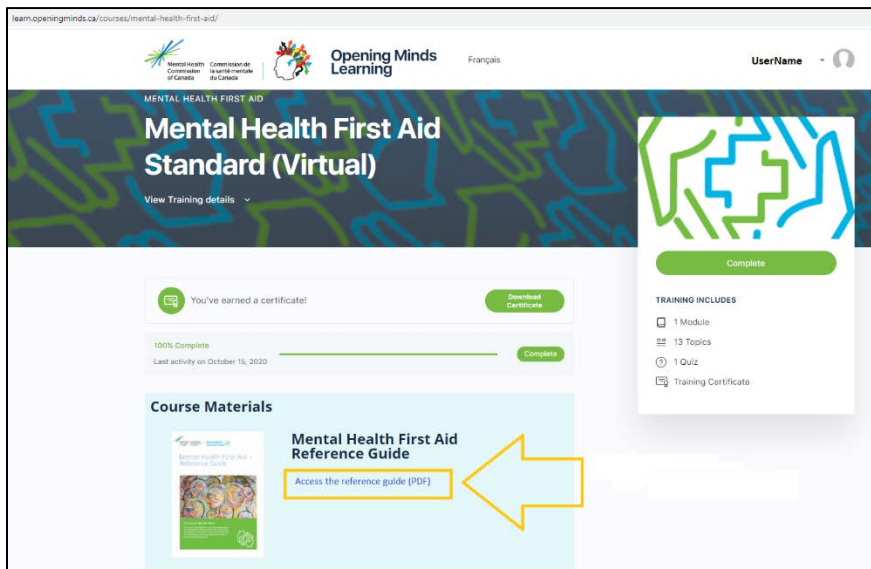
### **STEP 7: Download Certificate and Send to Facilitator**

On the dashboard of your account, you will now have access to your Module 1 certificate (click on “**Download Certificate**”). You will also receive an email from [learn@openingminds.ca](mailto:learn@openingminds.ca) with a PDF of your certificate. You must present the certificate to your facilitator before the scheduled sessions of Module 2 and 3.



### **STEP 8: Viewing the Reference Guide**

On the dashboard of your account, you can also view the reference guide by clicking “**Access the reference guide (PDF)**”:





Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health First Aid Canada  
Premiers soins en santé mentale



### **STEP 9: Downloading the Course Handout**

On the dashboard of your account, you can download the Course Handout by clicking “**Download the course handout (PDF)**”. Please have this document ready for Module 2 and 3.

The screenshot shows the user interface for the 'Mental Health First Aid Standard (Virtual)' course. At the top, there are logos for the Mental Health Commission of Canada and Opening Minds Learning, along with a language selector set to 'Français' and a user profile icon labeled 'UserName'. The main header area features the course title 'Mental Health First Aid Standard (Virtual)' and a 'View Training details' dropdown. Below this, a progress indicator shows '0% Complete' with the last activity on October 20, 2020. A 'Start Training' button is prominently displayed. To the right, a 'TRAINING INCLUDES' sidebar lists: 1 Module, 13 Topics, 1 Quiz, and a Training Certificate. The 'Course Materials' section contains two items: 'Mental Health First Aid Reference Guide' with a 'Access the reference guide (PDF)' link, and 'Mental Health First Aid Course Handout' with a 'Download the course handout (PDF)' link. The latter link is highlighted with a yellow box and a yellow arrow pointing to it from the right.

Please contact [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca) for any questions regarding technical assistance and content.