



Mental Health First Aid Training

Adult Mental Health First Aid is an eight-hour training (two hours completed independently with an on-line learning system) and certification on skills to help persons who are developing a mental health problem or experiencing a mental health crisis. The training demonstrates the initial help given to a person showing signs of mental illness or a mental health crisis.

The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders, the effects of illnesses, an overview of treatments and a five-step action plan for helping.

Next Virtual Adult Mental Health First Aid Trainings:

Monday, February 26, 10 a.m. - 5:30 p.m.

Thursday, March 21, 10 a.m. - 5:30 p.m.

Monday, April 29 and Tuesday, April 30, 1 - 4:30 p.m. (must attend both days)

Monday, May 20, 10 a.m. - 5:30 p.m.

Wednesday, June 19 and Thursday, June 20, 1 - 4:30 p.m. (must attend both days)

Monday, July 29, 10 a.m. - 5:30 p.m.

Wednesday, August 21 and Thursday, August 22, 1 - 4:30 p.m. (must attend both days)

*Click training date for registration

