



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 Adult Mental Health First Aid Trainings:

[Thursday, February 13, 10 a.m. - 5 p.m.](#)

[Wednesday, March 19, 10 a.m. - 5 p.m.](#)

***Click training date for registration**

*** Pre-work must be completed one week prior to the training date**

These are hybrid sessions. There is a two-hour self-guided online portion that must be completed before training date. In-person sessions will be held from 10 a.m. - 5 p.m. at the Del Pepper Community Resource Center - 4850 Mark Center Drive, room 9208.

1/13/2025

