

**FREE**

# MENTAL HEALTH FIRST AID TRAININGS

**ADULT AND YOUTH**

## LEARN HOW TO



### ASSESS

Identify common signs and symptoms of mental health challenges



### INTERACTION

How to interact with a person in crisis



### SUBSTANCES

Common signs and symptoms of substance use challenges



### RESOURCES

How to connect a person for help or support

**2026**

Friday  
February 20  
**Adult**

Friday  
May 15  
**Youth**

Friday  
August 21  
**Adult**

Friday  
November 20  
**Youth**

**Open to the public, registration required.**



To register for this in-person training, contact  
Amanda.Evans@FLHealth.gov



8:30 a.m. to 4:30 p.m.  
83 Pondella Rd.  
North Fort Myers, Florida 33903

**Florida  
HEALTH**

**Florida Department of Health in Lee County**