



# MENTAL HEALTH FIRST AID TRAINING



2

SESSION  
OPTIONS

Adult | Youth

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to the signs of mental health and substance use challenges using the **ALGEE** action plan.

 Earn your **3-year MHFA national certification** with instructor-led in-person or online training.



## ADULT

Adults helping adults ages 18+

Must stay for entire course for certification.



## YOUTH

Adults helping youth ages 12-18

Must stay for entire course for certification.

## 2 TRAINING OPTIONS



### VIRTUAL

2 hrs. online, self-paced



### IN-PERSON

5.5 hrs. instructor-led online or in-person.









9 AM – 4 PM



## MHFA TRAINING CALENDAR

Registration is open and closes at 11 pm, 2 days prior to training date.

Month	Adult - Virtual	Youth - Virtual	Adult - In-Person	Youth - In-Person
 <b>May</b>	May 28, 2026	May 29, 2026		
 <b>June</b>			Jun 25, 2026	Jun 26, 2026
 <b>July</b>	Jul 23, 2026	Jul 24, 2026		
 <b>August</b>			Aug 27, 2026	Aug 28, 2026
 <b>September</b>	Sep 24, 2026	Sep 25, 2026		
 <b>October</b>			Oct 22, 2026	Oct 23, 2026



LEARN MORE, ASK FOR T. RICE  
at 844-9-imwell or register



[www.imwell.network/mental-health-first-aid](http://www.imwell.network/mental-health-first-aid)



Empowering Wellness.  
Stronger Communities.