#WELLNESSFORLEADERS



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 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.

TRAINING FORMAT

2 hrs. online, self-paced

5.5 hrs. instructor-led online (live).

10 AM – 4 PM

MHFA TRAINING CALENDAR 2027

Registration is open and closes 2 days prior to training date.

Month	Adult - (4th Thursday)	Youth - (Following Friday)
January	Jan 28, 2027	Jan 29, 2027
February	Feb 25, 2027	Feb 26, 2027
March	Mar 25, 2027	Mar 26, 2027
April	Apr 22, 2027	Apr 23, 2027
May	May 27, 2027	May 28, 2027
June	Jun 24, 2027	Jun 25, 2027
July	Jul 22, 2027	Jul 23, 2027
August	Aug 26, 2027	Aug 27, 2027
September	Sep 23, 2027	Sep 24, 2027
October	Oct 28, 2027	Oct 29, 2027

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

www.imwell.network/mental-health-first-aid

ImWell
Empowering Wellness.
Stronger Communities.