



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.

2 TRAINING OPTIONS**VIRTUAL**

2 hrs. online,
self-paced

**VIRTUAL**

5.5 hrs. instructor-led
online (live, virtual).

**10 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
 May	May 28, 2026	May 29, 2026
 June	Jun 25, 2026	Jun 26, 2026
 July	Jul 23, 2026	Jul 24, 2026
 August	Aug 27, 2026	Aug 28, 2026
 September	Sep 24, 2026	Sep 25, 2026
 October	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

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Stronger Communities.