



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.

2-Session Options

ADULT: Adults helping adults ages 18+

YOUTH: Adults helping youth ages 12-18

Must stay for entire course for certification.

2-Training Options

VIRTUAL OR IN-PERSON

COURSE FORMAT

2 hrs. online, self-paced &

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
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
<https://imwell.network/mental-health-first-aid>

