



MENTAL HEALTH FIRST AID

ADULT MENTAL HEALTH FIRST AID

Virtual Certification Course

Adult Mental Health First Aid is an 8-hour training to teach you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

DATE: FRIDAY, FEBRUARY 20, 2026
9:00 AM - 5:00 PM

VIRTUAL

REGISTER IN ADVANCE FOR THIS TRAINING AT THE LINK OR QR CODE BELOW:
[HTTPS://WWW.SURVEYMONKEY.COM/R/8HJFQ3Z](https://www.surveymonkey.com/r/8HJFQ3Z)

REGISTRATION MUST BE SUBMITTED NO LATER THAN:
WEDNESDAY, FEBRUARY 11, 2026

THE TRAINING IS FREE AND WILL PROVIDE ALL TRAINING MATERIALS, .
FOR QUESTIONS OR CONCERNS PLEASE CONTACT:
AVA DEAN @ DEANA@HOTLIFELINE.ORG

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