



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

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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