



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: MONDAY, OCTOBER 19, 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/KKKK7LM](https://www.surveymonkey.com/r/KKKK7LM)

REGISTRATION MUST BE SUBMITTED NO LATER THAN:
MONDAY, OCTOBER 12, 2026

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

Sponsored by

HOLD OUT THE LIFELINE

