



Mental Health First Aid Training

Adult Mental Health First Aid is an eight-hour training (two hours completed independently with an on-line learning system) and certification on skills to help persons who are developing a mental health problem or experiencing a mental health crisis. The training demonstrates the initial help given to a person showing signs of mental illness or a mental health crisis.

The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders, the effects of illnesses, an overview of treatments and a five-step action plan for helping.

Next Virtual Adult Mental Health First Aid Trainings:

Monday, February 26, 10 a.m. - 5:30 p.m.

Thursday, March 21, 10 a.m. - 5:30 p.m.

Monday, April 29 and Tuesday, April 30, 1 - 4:30 p.m. (must attend both days)

Monday, May 20, 10 a.m. - 5:30 p.m.

Thursday, June 20, 12 - 5:30 p.m.

Monday, July 29, 10 a.m. - 5:30 p.m.

Wednesday, August 21 and Thursday, August 22, 1 - 4:30 p.m. (must attend both days)

*Click training date for registration





MENTAL
HEALTH
FIRST AID

Mental Health First Aid Training



Department of Community
and Human Services

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Monday, February 26, 10 a.m. - 5:30 p.m.

<https://www.research.net/r/alexandriaVA-February2024AdultMentalHealthFirstAidHybrid>

Thursday, March 21, 10 a.m. - 5:30 p.m.

<https://www.research.net/r/alexandriaVA-March2024AdultMentalHealthFirstAidTrainingHYBRID>

Monday, April 29 and Tuesday, April 30, 1 - 4:30 p.m. (must attend both days)

<https://www.research.net/r/alexandriaVA-April2024AdultMentalHealthFirstAid2-dayInPerson>

Monday, May 20, 10 a.m. - 5:30 p.m.

<https://www.research.net/r/alexandriaVA-May2024AdultMentalHealthFirstAidTrainingHYBRID>

Wednesday, June 19 and Thursday, June 20, 1 - 4:30 p.m. (must attend both days)

<https://www.research.net/r/alexandriaVA-June2024AdultMentalHealthFirstAidTraining2DayInPerson>

Monday, July 29, 10 a.m. - 5:30 p.m.

<https://www.research.net/r/alexandriaVA-July2024AdultMentalHealthFirstAidTrainingHYBRID>

Wednesday, August 21 and Thursday, August 22, 1 - 4:30 p.m. (must attend both days)

<https://www.research.net/r/alexandriaVA-August2024AdultMentalHealthFirstAidTraining2DayInPerson>

Monday, September 30, 10 a.m. - 5:30 p.m.

<https://www.research.net/r/alexandriaVA-September2024AdultMentalHealthFirstAidTrainingHYBRID>

Monday, November 25, 10 a.m. - 5:30 p.m.

<https://www.research.net/r/alexandriaVA-November2024AdultMentalHealthFirstAidTrainingHYBRID>