



Africans for Mental Health

Behavioral Health Education Program in Partnership with Sheppard Pratt

Online ADULT MENTAL HEALTH FIRST AID TRAINING 2025

Mental Health First Aid® teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in adults. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

3-Year Adult MHFA Certification Requirements:

- ✓ **Open** to all over **18 years old** including family caregivers, educators, students, providers, **YOU**— and more!
- ✓ **Must Complete** a 2-hour *Online* Self-Paced Study **a week before training**;
- ✓ **Attend 6-hour** Instructor-Led, **Interactive** *Online* Training (Two-Day, 3-hour Sessions);
- ✓ **REGISTER** via www.africansformentalhealth.org/trainings or **Scan QR Code**.



Online



30 People
Per Cohort

Be 1 of 390 Adult Mental Health First Aider and a member of Team Conquerors

Cohort #8:
Wednesday, July 23 and Thursday, July 24, 2025
9 AM to 12 PM EST

Cohort #9:
Tuesday, August 12 and Wednesday, August 13, 2025
12 PM to 3 PM EST

Cohort #10:
Saturday, September 6 and September 13, 2025
9 AM to 12 PM EST

For more info: advocacy@africansformentalhealth.org



Scan QR Code
Register Now
Max Spots: 30

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