

Adult Mental Health First Aid Training

Mental Health First Aid is an entry-level training that teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.



You will learn:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a person in crisis and non-crisis situations.
- How to connect a person to appropriate services and supports.

**February 10, 2025
8:00 am - 5:00 pm
Linn County
Armory Building
104 SW 4th Ave
Albany, Oregon**

Who should attend:

Community members • Employers • Educators
Hospital staff • First responders • Faith leaders
Support services professionals • Individuals
interested in supporting others

Sponsored by Linn County Health Services at no cost to you.
Registration is required. Certification will be provided.

**For more information or to register:
linntogether.org/community-training**