

# 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.

**October 9, 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](https://linntogether.org/community-training)**