

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.

May 28, 2026
8:00 am - 5:00 pm
Mennonite Village
Lakeside Center
2180 54th Ave SE
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 Mennonite Village and Linn County Health Services at no cost to you. Registration is required. Certification will be provided.

For more information or to register:
linntogether.org/training/MHFA