

# ADULT MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is an entry-level class 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 support

**August 3, 2026, 8:00 am - 5:00 pm**  
**Linn County Armory Building**  
**104 SW 4<sup>th</sup> Avenue, Albany, Oregon**

## **Who should attend:**

Community members • Employers • Parents • 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. This training is open to individuals ages 18 and older. Registration is required. For more information or to register:

**[linntogether.org/training/mhfa](https://linntogether.org/training/mhfa)**