

At Mennonite Village

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

September 16, 2026, 8:00 am - 5:00 pm
Mennonite Village, Lakeside Center
2180 54th Ave SE, 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 Mennonite Village and 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