

ADULT MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid (MHFA) is an evidence-based, early-intervention course. MHFA for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

Scan the QR Code or Press the Link to Sign Up for the Training

SCAN ME



https://docs.google.com/forms/d/e/1FAIpQLSdvK6sIIrBYH14Oqtpily1MxW9tDN_OuIKTATERrfFU2sKW-Q/viewform

Scan the QR Code or Press the Link to Learn More About the Training

SCAN ME



<https://www.mentalhealthfirstaid.org/population-focused-modules/adults/>

2-PART TRAINING FORMAT: VIRTUAL & IN-PERSON

Part One: Self-pace online pre-work to be completed prior to the in-person class

Part Two: two in-person courses that will take place on:

- March 31, 2025 – 5:00PM to 8:00PM
- April 2, 2025 – 5:00PM to 8:00PM

PLEASE NOTE THERE ARE ONLY 30 SPOTS AVAILABLE

IN-PERSON TRAINING LOCATION



Flint Room, Room 213
Town Center
12 Mudge Way, Bedford, MA 01730

BEDFORD HEALTH DEPARTMENT



EMAIL
BOH@BEDFORDMA.GOV

PHONE
(781) 275-6507