

# MENTAL HEALTH FIRST AID

## What is Mental Health First Aid Training?

Mental Health First Aid training teaches you how to identify and help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Topics covered include anxiety, depression, psychosis, suicide, and addictions. This on-day training session is presented by Denton County MHMR. The course provides CEUs, CPEs, and other required credits.

### Virtual Session Dates

9:00AM - 4:00PM

April 17, 2024

Register by: April 2

June 6, 2024

Register by: May 22

December 3, 2024

Register by: December 3

### In-Person Session Dates

8:00AM - 5:00PM

February 6, 2024

Register by: January 30

July 18, 2024

Register by: July 11

October 16, 2024

Register by: October 16

**For in-person sessions:  
Sessions held in the UNT  
Support & Services  
Building, room 102  
Lunch will be provided!**

**For More Info:**

**[asktraining@unt.edu](mailto:asktraining@unt.edu)  
<https://training.unt.edu>**

**Register today at [unt.bridgeapp.com](https://unt.bridgeapp.com)**



Denton County  
MHMR Center

