

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 one-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

June 6, 2024

Register by: May 22

December 3, 2024

Register by: November 18

In-Person Session Dates

8:00AM - 5:00PM

July 18, 2024

Register by: July 11

October 16, 2024

Register by: October 9

**In-Person Sessions
facilitated in the UNT
Support & Services
Building, Room 102
Lunch will be provided!**

For More Info:

asktraining@unt.edu
<https://training.unt.edu>

Register today at unt.bridgeapp.com



Denton County
MHMR Center

