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 Sessions 9:00AM - 4:00PM	In-Person Sessions 8:00AM - 5:00PM
March 18, 2027 Register by March 4	February 18, 2027 Register by February 11
May 19, 2027 Register by May 5	April 14, 2027 Register by April 7
November 4, 2027 Register by October 21	June 17, 2027 Register by June 10
	October 28, 2027 Register by October 21

In-person sessions are held 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

UNT BUSINESS OPERATIONS TRAINING

USA MENTAL HEALTH FIRST AID