

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

December 4, 2025
Register by November 20

In-Person Sessions
8:00AM - 5:00PM

October 30, 2025
Register by October 23



**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**

