

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

March 23, 2026
Register by March 9

May 21, 2026
Register by May 7

November 10, 2026
Register by October 27

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

February 19, 2026
Register by February 12

April 15, 2026
Register by April 8

June 11, 2026
Register by June 4

October 28, 2026
Register by October 21

**In-person sessions are held in the UNT Support & Services Building, Room 102 or 105
Lunch will be provided!**

For More Info:

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

Register today at unt.bridgeapp.com



Denton County
MHMR Center

