

# MENTAL HEALTH FIRST AID



Campus Recreation  
Wellness Center

# SPRING 2026

MHFA is a FREE evidence-based certificate training that teaches learners how to identify, understand, and respond to signs of mental health and substance use concerns. Certificates last 3 years & look excellent on a resume!

DATE:	TIME:
*January 14 <sup>th</sup> & 15 <sup>th</sup>	9:00 am - 12:30 pm
*February 3 <sup>rd</sup> & 5 <sup>th</sup>	9:00 am - 12:30 pm
February 16 <sup>th</sup>	9:00 am - 4:00 pm
*March 2 <sup>nd</sup> & 4 <sup>th</sup>	9:00 am - 12:30 pm
March 28 <sup>th</sup>	9:00 am - 4:00 pm
*April 6 <sup>th</sup> & 8 <sup>th</sup>	9:00 am - 12:30 pm
April 17 <sup>th</sup>	9:00 am - 4:00 pm
May 20 <sup>th</sup>	9:00 am - 4:00 pm

\* Training takes place over the course of 2 days. Attendance is required both days to receive certificate.

### Participants learn about:

- Panic attacks
- Aggressive behaviors
- Substance use
- Psychosis
- Non-suicidal self-injury
- Suicidal thoughts & behaviors
- Traumatic events
- Safety plans
- Local & national resources

### Sign Up

or

Request Private Training:



### Training Location:

Half Acre Classroom 115

All training opportunities  
are in-person only.