



BALANCED YOU



Mental Health First Aid

2025 Certification Course Schedule

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. The Certification course focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearances that show there might be a challenge rather than on a specific disorder. Participants learn the MHFA Action Plan and how to apply it to non-crisis and crisis situations.



Date	Location	Time
Tues., May 6	Virtual	8 a.m. to noon
Mon., June 2	Virtual	Noon to 4 p.m.
Tues., July 15	Chinook Bldg. Rm. 123	Noon to 4 p.m.
Tues., Aug. 12	Virtual	8 a.m. to noon
Wed., Sept. 24	Virtual	Noon to 4 p.m.
Thur., Dec. 4	Virtual	8 a.m. to noon

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