



BALANCED YOU



Mental Health First Aid at Work

2026 Certification Schedule

Mental Health First Aid (MHFA) at Work training helps employees notice when a coworker may be experiencing a mental health or substance-use challenge and respond with confidence, care, and appropriate support. The course focuses on recognizing changes in behavior, mood, or appearance, understanding how these challenges can affect people at work, and knowing how to connect someone with helpful resources. King County is offering free MHFA Certification courses for employees.

Register at the QR code below.



Date	Location	Time
Thur., March 12	Virtual	8 a.m. to noon
Wed., April 8	Chinook Bldg., Room 1316	Noon to 4 p.m.
Tues., May 19	Virtual	Noon to 4 p.m.
Tues., June 23	King Street Center, 8th Floor Conference Center	8 a.m. to noon



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