



BALANCED**YOU**
 King County

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 here:



Date	Location	Time
Tuesday, Sept. 15	Virtual	8 a.m. to noon
Thursday, Oct. 15	Clark Children and Family Justice Center	Noon to 4 p.m.
Tuesday, Nov. 10	Virtual	Noon to 4 p.m.
Wednesday, Dec. 9	Chinook Building	Noon to 4 p.m.

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