

[Register Here](#)



Mental Health First Aid – Adult

- Date: July 16 & 17, 2025
- Time: 9:00am – 12:30pm (PST)
- Location: Zoom – Virtual
- Cost: \$175.00
- Discount Code: MHFA50 for 50% off
- Instructors: Lindsay Dutton & Alice Massey



Training Description:

Mental Health First Aid is an early intervention public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services.

*Please note that pre-work is required to be completed on your own prior to class attendance. Estimated 2-hrs in duration. Attendance in both sessions is required for certification.



training@TheArcOregon.org



[\(503\) 581-2726](tel:(503)581-2726)