



In-Person Training

MENTAL HEALTH FIRST AID

2024

Know the signs. Learn the actions. Be a lifeline.

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults or youth.

Northern Lakes Community Mental Health Authority (NLCMHA) offers MHFA for the community. The courses are 8 hours in-person and include a detailed manual.

With over 60 years combined training experience, our trainers will show you how to interact with a person in crisis and connect a person with help. Expanded content on trauma, substance use and self-care is included.

Scheduled in-person classes are held at the NLCMHA offices as listed below:

ADULT MHFA

Mar 5 – 105 Hall St, Traverse City
May 9 – 527 Cobb St, Cadillac
Oct 9 – 105 Hall St, Traverse City

YOUTH MHFA

Mar 12 – 105 Hall St, Traverse City
May 30 – 527 Cobb St, Cadillac
Oct 30 – 105 Hall St, Traverse City

Additional dates and locations for groups may be arranged by request. Contact training@nlcmh.org if you are interested in making special arrangements for your group.

FIND MORE INFORMATION AT

northernlakescmh.org/MHFA

QUESTIONS on course content:

Cindy.Petersen@nlcmh.org or 231-935-3099 or
Amy.Kotulski@nlcmh.org or 231-649-1005

