



2025 In-Person Trainings

MENTAL HEALTH FIRST AID

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

Mental Health First Aid 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 Mental Health First Aid for the community. Courses are 8 hours in-person and include a detailed manual. Lunch will be provided.

Since the year 2000, Mental Health First Aid has been adopted by more than 25 countries. This evidence-based course will show you how to interact with a person in crisis and connect that 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 Mental Health First Aid

March 18 – 105 Hall St, Traverse City
May 6 – 527 Cobb St, Cadillac
October 7 – 105 Hall St, Traverse City

YOUTH Mental Health First Aid

May 20 – 527 Cobb St, Cadillac
October 21 – 105 Hall St, Traverse City

Additional dates and locations for groups may be arranged by request. Contact Amanda Ritchie or Bobbi Hudson (training@nlcmh.org) if you are interested in making special arrangements for your group.

FIND MORE INFORMATION AT

northernlakescmh.org/MHFA

QUESTIONS on this course or content:

cindy.petersen@nlcmh.org or (231) 935-3099
training@nlcmh.org or (231) 935-3173

 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

 **Northern Lakes**
COMMUNITY MENTAL HEALTH AUTHORITY

Mental Health First Aid 2025 REGISTRATION FORM

FEE: \$50 per session, includes a training manual, lunch, and snacks.

Cash or checks accepted. Make checks payable to:

Northern Lakes CMHA
ATTN: Bobbi Hudson
105 Hall Street, Suite A
Traverse City MI 49684

REGISTRATION: Registrations are taken on a first-come, first-serve basis. The registration fee need to accompany this form. The registration fee is non-refundable, but we will accept substitutions.

PLEASE CHECK THE DATE(S) YOU WISH TO ATTEND BELOW. Each session runs 8AM to 5PM

ADULT MENTAL HEALTH FIRST AID

- ☐ **Tuesday, March 18, 2025** at:
Northern Lakes Community Mental Health
105 Hall Street
Traverse City, MI 49684
- ☐ **Tuesday, May 6, 2025** at:
Northern Lakes Community Mental Health
527 Cobb Street
Cadillac, MI 49601
- ☐ **Tuesday, October 7, 2025** at:
Northern Lakes Community Mental Health
105 Hall Street
Traverse City, MI 49684

YOUTH MENTAL HEALTH FIRST AID

- ☐ **Tuesday, May 20, 2025** at:
Northern Lakes Community Mental Health
527 Cobb Street
Cadillac, MI 49601
- ☐ **Tuesday, October 21, 2025** at:
Northern Lakes Community Mental Health
105 Hall Street
Traverse City, MI 49684

Name: _____

Phone: _____

Email Address: _____

Mental Health First Aid (MHFA) is an evidence-based training program administered by the National Council for Mental Wellbeing through certified trainers including those from NLCMHA.

If you are interested in receiving NASW-Michigan Social Work continuing education credits, please include your License Number below:

License Number: _____