



Adult Mental Health First Aid

Mental Health
FIRST AID
from NATIONAL COUNCIL FOR
MENTAL WELLBEING

In-person MHFA training

Date: **Wed June 24, 2026**

Time: **9:00am - 4:00pm**

Location: **2000 Embarcadero,
Oakland, CA 94606**

Instructors: Shannon
Singleton-Banks and Michele
Wms-Smith

**This is blended Adult Mental
Health First Aid course, which
includes two required components:**

1. Do the self-paced online pre-work (Approximately 2 hours)
2. Attend the in-person, instructor-led training

Important Dates

June 9: Last day to register

To Register, email:

Msaada4u@gmail.com

**pre-coursework
completion deadline
June 18**

**Once registered, you'll receive
an email** with info about how to
access the online **pre-work**. Be
on the lookout and respond to
any messages from *MHFA
Connect*

**Day of Training
June 24, 9am (in person)**

Per MHFA National Alliance, the
pre-work is REQUIRED. Without
completion, participants are not
allowed to be admitted to the in-
person class on day of training.

For questions or technical support
for this training please email
msaada4u@gmail.com

WHAT IS MENTAL HEALTH FIRST AID (MHFA)?

Most of us know how to help if someone is having a heart attack—we'd start CPR or at least call 9-1-1. But far fewer people know how to respond when someone is experiencing a panic attack, showing signs of depression, or struggling with substance use.

Mental Health First Aid (MHFA) – Adult is a skills-based training that teaches participants how to identify, understand, and respond to signs and symptoms of mental health and substance use challenges in adults (ages 18+).

This evidence-based program builds mental health literacy and provides a practical action plan to help participants safely and confidently support someone who may be in distress. MHFA also helps reduce stigma and strengthens the network of support within communities.

Participants Will Learn How To:

- Recognize signs and symptoms of mental health and substance use challenges
- Respond using an evidence-based action plan (ALGEE)
- Provide initial support to individuals experiencing distress
- Connect individuals with appropriate professional and community resources

The instructor-led portion of training will include the following segments:

- Welcome to MHFA and Self-Paced Introduction Recap
- MHFA Action Plan (ALGEE)
- MHFA for Early Signs and Symptoms
- MHFA for Worsening Signs and Symptoms
- MHFA for Crisis Situations
- Self-Care for the MHF-Aider

Certification Details:

Mental Health First Aid is a national certification. Participants who complete the required pre-work and attend the full in-person training will receive a certificate from the Mental Health First Aid organization, valid for three years.



**Behavioral Health
Department**
Alameda County Health

