



Adult Mental Health First Aid

In-person MHFA training

Date: October 22, 2026

Time: 9:00am - 4:00pm

Location: 2000 Embarcadero,
Oakland, CA 94606

Instructors:

Shannon Singleton-Banks

Michele Wms-Smith

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

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

Important Dates

Last day to register **September 30**

To Register, email:

msaada4u@gmail.com

Pre-work completion deadline

October 15

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

October 22, 9am (in-person)

Per MHFA National Council, 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
- MHFA 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 MF-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



