



Adult Mental Health First Aid

hosted virtually & at no cost
for people living or working in
Baltimore City

Adult Mental Health First Aid

builds skills to help adults ages 18 and older who may be experiencing a mental health problem or crisis. MHFA teaches the signs and symptoms to identify a person who may be experiencing a mental health challenge such as depression, anxiety, psychosis, or substance-use disorder. The course also teaches a 5-step action plan to help. The pandemic's unprecedented impacts on mental health in Baltimore's communities has underscored the need for mental health awareness and action. Act now!

[Learn more about MHFA here.](#)

Each fully virtual course consists of

- 2 Hours of Self-Paced Pework
- 7 Hours of Live Virtual Instruction

This course is **free of cost** for individuals who live and/or work in Baltimore City, through a generous partnership with Behavioral Health System Baltimore and Mental Health First Aid Maryland. **Seats are limited. Make a difference and become a Mental Health First Aider today!**

REGISTER NOW!

- **Saturday, April 30 (9am-4pm)**
↳ Register at bit.ly/3IQyheA
- **Sunday, May 8 (9am-4pm)**
↳ Register at bit.ly/36lmySk
- **Weds-Thurs, May 11-12 (5pm-8:30pm)**
↳ Register at bit.ly/3JX5FBV
- **Monday, May 16 (9am-4pm)**
↳ Register at bit.ly/3LzPtH9
- **Weds-Thurs, May 25-26 (5pm-8:30pm)**
↳ Register at bit.ly/3IQpysZ

