Africans for Mental Health

In Partnership with Sheppard Pratt

FREE ADULT MENTAL HEALTH FIRST AID TRAINING 2026

What You Will Learn:

- *Recognize signs of mental health challenges*
- *Support someone experiencing a mental health crisis*
- *Respond with confidence and compassion*
- *Connect individuals to appropriate resources*

Training Requirements:

- *Complete 2-hour self-paced prework **before** training*
- *Attend two live online training sessions (6 hours total)*
- *Complete post-test to receive 3-Year MHFA Certification*

Who Can Attend?

***Adults 18+** including*

- *Family Caregivers*
- *Community Members*
- *Educators*
- *School Staff*
- *Students*
- *Faith Leaders*
- *Emergency Responders*
- *Healthcare providers*

Training Schedule:

Cohort #5:
Tuesday, July 28 and Wednesday, July 29, 2026
12:00 p.m. – 3:00 p.m. EST

Cohort #6:
Tuesday, August 25 and Wednesday, August 26, 2026
9:00 a.m. – 12:00 p.m. EST

Cohort #7:
Wednesday, September 23 and Thursday, September 24, 2026
12:00 p.m. – 3:00 p.m. EST

Maximum 30 People per Cohort

Registration & Contact Information:

- *Visit our website: africansformentalhealth.org/trainings or Scan QR Code to register today*
- *Email Us: advocacy@africansformentalhealth.org*

#iamafricansformentalhealth

@africansformentalhealth

@africans4mentalhlt.bsky.social