

Mental Health First Aid

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. CareFirst is excited to have partnered with EveryMind to offer **FREE and VIRTUAL** Mental Health First Aid Training to our clients with healthcare workers (i.e. Providers, Clinicians, First Responders, or anyone who touches health care in their current role). We feel passionately about supporting mental wellbeing efforts to our clients, members, and community.



Training Dates: Q2 2026

Each class will be held from **9am - 4pm**

Wednesday, April 15th: Register by 4/9

Tuesday, April 21st: Register by 4/15

Thursday, May 7th: Register by 5/1

Monday, May 18th: Register by 5/12

Friday, June 12th: Register by 6/5

Tuesday, June 16th: Register by 6/10

What is Mental Health First Aid?

The course teaches participants how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. Our goal is to help our essential healthcare workforce be more prepared to support the patients and individuals they interact with. This is NOT diagnostic and does not train in counseling. The focus is on early awareness through compassion, appropriate interaction, and referral.

Participant Experience

- 2 hours of self-paced pre-work is **REQUIRED** prior to training date
- Training day is virtually from 9AM – 4PM (30-45 minute lunch break)
- Interactive discussion (on camera), dialogue, and scenarios designed to guide participants and develop an understanding of risk factors and warning signs for mental health/ substance use problems.
- Use of a 5-step action plan to help those developing a mental health issue or those in crisis

How Does it Work?

Participants in the course will complete a 3-year certification in Mental Health First Aid and at no cost! **Space is limited**, with 30 participants in each of the virtual classes that will be held. This will be a **first come first serve** opportunity.

- Offered virtually by a certified instructor
- 30 person maximum
- Certification is valid for 3 years

Schedule a Training Today!

Please see below registration links and the deadline dates:

4/15 (Register by 4/9): [Click here to register](#)

4/21 (Register by 4/15): [Click here to register](#)

5/7 (Register by 5/1): [Click here to register](#)

5/18 (Register by 5/12): [Click here to register](#)

6/12 (Register by 6/5): [Click here to register](#)

6/16 (Register by 6/10): [Click here to register](#)

Note: We need a minimum of 10 people to hold a class.