



AFRICANS  
FOR  
MENTAL  
HEALTH



Sheppard Pratt

# Africans for Mental Health

*Behavioral Health Education Program in Partnership with Sheppard Pratt*

## Online ADULT MENTAL HEALTH FIRST AID TRAINING 2025

*Mental Health First Aid® teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in adults. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.*

### 3-Year MHFA Certification Requirements:

- ✓ **Open to all over 18 years old** including family caregivers, educators, students, providers, **YOU**— and more!
- ✓ **Must Complete** a 2-hour *Online* Self-Paced Study **a week before training**;
- ✓ **Attend 6-hour Instructor-Led, Interactive** *Online* Training (Two-Day, 3-hour Sessions);
- ✓ **REGISTER** via [www.africansformentalhealth.org/trainings](http://www.africansformentalhealth.org/trainings) or **Scan QR Code**.

**Be 1 of 390** Adult Mental Health First Aider and a member of Team Conquerors

Cohort #5:

Friday, May 2 and Friday, May 9, 2025  
12 PM to 3 PM EST

Cohort #6:

Tuesday, May 20 and Wednesday, May 21, 2025  
9 AM to 12 PM EST

Cohort #7:

Tuesday, June 10 and Wednesday, June 11, 2025  
12 PM to 3 PM EST

For more info: [advocacy@africansformentalhealth.org](mailto:advocacy@africansformentalhealth.org)



Scan QR Code  
Register Now  
Max Spots: 30



Online

FREE

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