

# ADULT MENTAL HEALTH FIRST AID TRAINING

**THIS COURSE CAN BE TAKEN BY ANYONE WITH AN INTEREST IN BEING MORE PREPARED TO RESPOND TO A MENTAL HEALTH CHALLENGE OR CRISIS**

Mental Health First Aid (MHFA) is an evidence-based, early-intervention course. MHFA for Adults teaches people 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.



Scan the QR Code to Sign-Up  
for the Training



OR REGISTER HERE:  
[HTTPS://TINYURL.COM/3XZVBRAP](https://tinyurl.com/3xzvbrap)

Scan the QR Code to Learn  
More About the Training



## MHFA TRAINING DATE

- May 9<sup>th</sup>, 2026
- 9 AM-4 PM, lunch provided!

You must register as spots are limited to 30 participants!

**EMAIL OLIVIA WITH QUESTIONS**  
[dufour0@sudbury.ma.us](mailto:dufour0@sudbury.ma.us)

## TRAINING LOCATION



**Fairbank Community Center**  
40 Fairbank Rd. Sudbury, MA

