

Mental Health First Aid Training Resources

Mental Health First Aid (MHFA) training is offered by many community agencies as in-person classes, virtual classes, or by providing group trainings for organizations. Contact local community mental health centers, National Association of Mental Illness (NAMI) chapters, and University Extension programs to find out what is available near your center.

MHFA's website also has a tool to search for upcoming course offerings: <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Area	MHFA Training Providers
Alabama	<p>Alabama Dept. of Mental Health- https://mh.alabama.gov/mental-health-first-aid/</p> <p>NAMI Alabama- https://namialabama.org/resources/about-mental-illness/mental-health-first-aid/</p>
Alaska	<p>South Central Alaska Area Health Education Center- https://scahecak.org/classes-we-teach/</p> <p>University of Alaska- Anchorage- https://www.uaa.alaska.edu/ (their trainings are sponsored by the organization above)</p>
Arizona	<p>NAMI Southeastern Arizona- free courses- https://www.namisezaz.org/mental-first-aid/</p> <p>Arizona Youth Partnership- https://www.azyp.org/youth-mental-health-first-aid</p>
Arkansas	<p>Arkansas Blue Cross Blue Shield- free for all in the state, don't need to have BCBS- https://hub.arkansasbluecross.com/take-good-care-classes/#forms</p> <p>Goodwill Industries of Arkansas- https://www.goodwillar.org/mhfa</p> <p>Ozark Guidance- https://www.ozarkguidance.org/</p>
California	<p>NAMI- Urban LA- https://www.namiurbanla.org/mental-health-first-aid</p> <p>Making Hope Happen Foundation (San Bernardino County) - https://www.mhhfmentalhealth.org/</p> <p>YMCA Long Beach- https://www.lbymca.org/programs/health-and-wellness/mental-health-awareness-training</p> <p>Mental Health America of San Diego County- Free Courses- https://www.mhasd.org/upcoming-events</p> <p>Momentum for Health (San Jose) - https://momentumforhealth.org/services/community-programs/mental-health-first-aid/</p> <p>Heard Alliance/County of Santa Clara BH- https://bhsd.sccgov.org/</p> <p>San Mateo County Health- Free Courses- https://www.smchealth.org/general-information/mental-health-first-aid</p> <p>Jewish Learning Works (San Francisco) - https://jewishlearning.works/our-work/resources/youth-mental-health/#:~:text=YMHFA%20is%20designed%20to%20teach.do%20online%20at%20your%20leisure.</p> <p>On Track Program Resources- (Sacramento)- https://ontrackconsulting.org/services-projects/mental-health-first-aid/</p>
Colorado	<p>Mental Health First Aid Colorado- Free Courses- https://www.mhfaco.org/</p>

Connecticut	<p>CHR Health- Free Courses- https://www.chrhealth.org/mental-health-first-aid/</p> <p>Hartford HealthCare- Free Courses- https://hhcbehavioralhealth.org/about-us/initiatives/mental-health-first-aid</p>
Delaware	<p>NAMI Delaware- https://www.namidelaware.org/groups-classes/</p> <p>Mental Health Association in Delaware- https://www.mhainde.org/</p>
Florida	<p>BayCare (Pinellas County)- https://baycare.org/services/behavioral-health/mental-health-first-aid-training</p> <p>Talkable Communities (Jacksonville) - https://www.talkablecommunities.org/</p> <p>University of Miami- https://counseling.studentaffairs.miami.edu/outreach/mental-health-first-aid/index.html</p>
Georgia	<p>Georgia Mental Health Consumer Network- Free Courses- https://www.gmhcn.org/mental-health-first-aid</p>
Hawaii	<p>Mental Health America Hawaii- Free, online Courses- https://mentalhealthhawaii.org/online-trainings/</p> <p>Vibrant Hawaii- https://www.vibranthawaii.org/</p>
Illinois	<p>NAMI DuPage- Free Courses- https://namidupage.org/community-education/#mentalhealth</p> <p>Amita Health- Free Courses- https://www.amitahealth.org/for-patients-and-visitors/patient-education/mental-health-first-aid-training#:~:text=AMITA%20Health%20is%20offering%20FREE,to%20identify%2C%20intervene%20and%20connect.</p>
Indiana	<p>Purdue Extension- https://extension.purdue.edu/mhfa/</p> <p>Mental Health America Indiana- https://www.mhaitraininginstitute.org/</p>
Iowa	<p>Iowa State University Extension- https://www.extension.iastate.edu/humansciences/MHFA</p>
Kansas	<p>Pawnee Mental Health Services- https://www.pawnee.org/mental-health-first-aid-2.cfm</p> <p>DCCCA- Free courses- https://www.dccca.org/kansas-mhfa/</p>
Kentucky	<p>Easter Seals- Free Courses- https://www.easterseals.com/in-sw/our-programs/mental-health-first-aid.html</p> <p>Kentucky Regional Extension Center- Free Courses- https://www.kentuckyrec.com/mental-health-first-aid-free-training/</p> <p>River Valley Behavioral Health (Western KY)- Free Courses- https://www.rvbh.com/about-us/training-community-involvement/</p> <p>MHA of Northern Kentucky & Southwest Ohio- Free Courses- https://nkymhfa.org/ or https://www.mhankyswoh.org/mentalhealthfirstaid</p>
Louisiana	<p>Louisiana Public Health Institute- https://lphi.org/services/mhfatraining/</p> <p>Easter Seals Louisiana- https://www.easterseals.com/louisiana/</p>

	NAMI New Orleans- https://namineworleans.org/support-and-education/mental-health-education/mental-health-first-aid-training/
Maine	NAMI Maine- https://www.namimaine.org/mhfa Aroostook Mental Health Services- https://www.amhc.org/prevention-services/
Maryland	Mental Health Association of Maryland- https://www.mhamd.org/what-we-do/training/mental-health-first-aid-maryland/ University of Maryland Extension- https://extension.umd.edu/programs/family-consumer-sciences/mental-health-well-being/mental-health-first-aid
Massachusetts	Shrewsbury Youth and Family Services- Free Courses- https://syfs-ma.org/program-services/mental-health-first-aid/ Northern Essex Community College- https://www.necc.mass.edu/engage/community-events/mental-health-first-aid-course/ Westborough Youth and Family Services- https://www.town.westborough.ma.us/youth-and-family-services/pages/youth-mental-health-first-aid
Michigan	Michigan State University Extension- https://www.canr.msu.edu/mental-health-first-aid/#::~:~:text=MSU%20Extension%20Mental%20Health%20First%20Aid&text=When%20someone's%20in%20distress%2C%20a,mental%20health%20problem%20or%20crisis Rise Drug Free MKE (Milwaukee)- Free Courses - https://risedrugfreemke.org/
Minnesota	NAMI Minnesota- https://namimn.org/programs/
Mississippi	Mississippi State University Extension- http://extension.msstate.edu/health/the-promise-initiative/mental-health-first-aid Mental Health Association of South Mississippi- https://msmentalhealth.org/programs/mental-health-first-aid/
Missouri	MHFA Missouri- Free Courses- http://mhfamissouri.org/mental-health-first-aider/ Bootheel Counseling (Mingo)- https://www.bootheelcounseling.com/
Montana	Montana State University Extension- https://www.montana.edu/extension/health/mental_health.html Youth Dynamics- Free Courses- https://www.youthdynamics.org/ymhfa/
Nebraska	Panhandle Partnership- https://panhandlepartnership.com/ Region 1 Behavioral Health Authority- Free Courses- https://www.region1bhs.net/
Nevada	Nevada Office of Suicide Prevention- https://suicideprevention.nv.gov/Training/Training/ Children's Cabinet- Free Courses- https://www.childrencabinet.org/who-we-serve/i-am-a-parent/youth-mental-health-first-aid/
New Hampshire	NH Community Behavioral Health Association: https://nhcbha.org/mental-health-first-aid/
New Jersey	Mental Health Association in New Jersey- https://www.mhanj.org/educate-mental-health-first-aid/ New Jersey YMCA- https://www.njymca.org/mentalhealthfirstaid/

New Mexico	New Mexico Crisis and Access Line- https://nmcrisisline.com/resources/wellness/
New York	Mental Health Association in New York State- https://mhanys.org/mhfa/ NYC Dept of Health and Mental Hygiene- https://www.nyc.gov/site/doh/index.page Cornell Cooperative Extension- https://cals.cornell.edu/cornell-cooperative-extension
North Carolina	Atrium Health- https://atriumhealth.org/medical-services/prevention-wellness/behavioral-health/mental-health-first-aid North Carolina Dept. of Health and Human Services- Free Courses- https://nccdd.org/news-media/action-alerts/563-community-engagement-and-empowerment-team-host-free-training-seminars.html
North Dakota	North Dakota State University Extension- Free Courses- https://www.ndsu.edu/agriculture/extension Quality Health Associates of North Dakota- Free Courses- https://www.qualityhealthnd.org/contracts/delivery-of-mental-health-first-aid-training-to-rural-north-dakota-communities/
Ohio	MHA of Northern Kentucky & Southwest Ohio- Free Courses- https://www.mhankyswoh.org/mentalhealthfirstaid Mental Health First Aid Ohio- Free Courses- https://ohiomhfa.org/
Oklahoma	DCCCA/ Mental Health First Aid Oklahoma - Free Courses- https://www.dccca.org/oklahoma-mhfa/#:~:text=DCCCA%20provides%20Adult%20%26%20Youth%20Mental,or%20substance%20use%2Drelated%20crisis or https://www.mhfa-ok.org/
Oregon	Mental Health First Aid of Oregon- Free Courses- https://mhfaoregon.org/training/ Oregon State University Extension – Free Courses- https://extension.oregonstate.edu/find-us
Pennsylvania	Healthy Minds Philly- Free Courses- https://healthymindsphilly.org/mhfa/ Community Services Group- https://csgonline.org/programs-services/mental-health-first-aid-training/ Penn State Extension- https://extension.psu.edu/adult-mental-health-first-aid Milestone (Pittsburg)- https://milestonepa.org/how-we-serve/behavioral-health/mental-health-first-aid
Puerto Rico	First Healthcare- https://fhcsaludmental.com/academia/primeros-auxilios-en-salud-mental
Rhode Island	Family Service of Rhode Island- Free Courses- https://www.familyserviceri.org/programs/youth-mental-health-first-aid/
South Carolina	LRADAC- Free Courses- https://www.lradac.org/lradac-awarded-federal-grant-to-implement-mental-health-first-aid-training-in-multiple-counties/
South Dakota	Safe 2 Say South Dakota- https://safe2say.sd.gov/ymhfa.aspx
Tennessee	Frontier Health (Jacobs Creek)- https://www.frontierhealth.org/ Mental Health America (Western Tennessee) - https://mhamidsouth.org/training/

Texas	<p>LifePath Systems (North Texas)- https://www.lifepathsystems.org/</p> <p>Bluebonnet Trails Community Services (Gary)- https://bbtrails.org/mental-health-first-aid/</p> <p>Border Regional Behavioral Health Center (Laredo)- https://www.borderregion.org/</p>
Utah	<p>The Speedy Foundation- https://www.thespeedyfoundation.org/mhfa</p> <p>Weber Human Services- https://www.weberhs.net/prevention-workshops</p> <p>Davis Behavioral Health- http://www.dbhprevention.org/trainings</p>
Vermont	<p>Vermont Care Partners- Free Courses- https://vermontcarepartners.org/youth-and-adult-mental-health-first-aid/ or https://www.ncssinc.org/about/youth-mental-health-first-aid</p>
Virginia	<p>Mount Rogers Community Services (Blue Ridge) - https://www.mountrogers.org/prevention-wellness/</p> <p>Frontier Health (Flatwoods)- https://www.frontierhealth.org/</p> <p>Horizon Behavioral Health (Old Dominion)- https://www.horizonbh.org/services/prevention-wellness/</p>
Washington	<p>Compass Health- (Northwest Washington only)- https://www.compasshealth.org/events/mental-health-first-aid/</p> <p>Washington University Extension- https://extension.wsu.edu/</p>
Washington, DC	<p>Office of the State Superintendent of Education- https://osse.dc.gov/page/supporting-mental-health-schools</p>
West Virginia	<p>West Virginia University- Free, Youth Mental Health First Aid only. https://mhanys.org/mhfa/</p> <p>Prestera Center- https://www.prestera.org/</p> <p>NAMI Greater Wheeling, WV- https://namiwheeling.org/support-and-education/presentations/mental-health-first-aid/</p>
Wisconsin	<p>University of Wisconsin Extension- free courses- https://wirose.wisc.edu/mental-health-first-aid/</p> <p>Rise Drug Free MKE (Milwaukee)- free courses- https://risedrugfreemke.org/</p>
Wyoming	<p>Freemont Counseling Services- https://freemontcounseling.com/</p>