

NATIONAL COUNCIL for Mental Wellbeing

MBGH Mental Health First Aid Training June 24, 2025 💸 9:00 AM – 3:00 PM (CT)

Agenda

- 9:00 AM Segment #1: Welcome to Mental Health First Aid
- 9:35 AM Segment #2: Self-Paced Intro Recap
- 10:00 AM Segment #3: ALGEE Mental Health First Aid Action Plan
- 11:00 AM Segment #4: MHFA for Early Signs and Symptoms
- 11:30 AM Lunch break
- 12:00 PM Segment #5: MHFA for Worsening Signs and Symptoms
- 12:30 PM Segment #6: MHFA for Crisis Situations
- 2:40 PM Segment #7: Self-care for the Mental Health First Aider

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