

ALASKA BEHAVIORAL HEALTH



Mental Health First Aid

April 24, 2024 at the BP Energy Center (in person class)

Mental Health First Aid® (MHFA) teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. 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.

Class Dates &
Registration here!



MHFA is an introductory training, meant for students and individuals without clinical mental health training. MHFA is designed to help community members feel more equipped to address mental health situations they encounter in everyday life.

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