



## 2026 In-Person Trainings

# MENTAL HEALTH FIRST AID

### Know the signs. Learn the actions. Be a lifeline.

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults or youth.

Northern Lakes Community Mental Health Authority (NLCMHA) offers Mental Health First Aid for the community. Courses are 8 hours in-person and include a detailed manual. Lunch will be provided.

Since the year 2000, Mental Health First Aid has been adopted by more than 25 countries. This evidence-based course will show you how to interact with a person in crisis and connect that person with help. Expanded content on trauma, substance use, and self-care is included.

Scheduled in-person classes are held at the NLCMHA offices as listed below and run from 8AM to 5PM:

#### ADULT Mental Health First Aid

March 24	105 Hall St, Traverse City
May 20	527 Cobb St, Cadillac
August 25	105 Hall St, Traverse City
October 27	105 Hall St, Traverse City

#### YOUTH Mental Health First Aid

April 21	105 Hall St, Traverse City
June 17	527 Cobb St, Cadillac
September 22	105 Hall St, Traverse City

*Additional dates may be arranged by request. Contact Amanda Ritchie or Bobbi Hudson ([training@nlcmh.org](mailto:training@nlcmh.org)) if you are interested in making special arrangements for your group.*

#### FIND MORE INFORMATION AT

<https://www.northernlakescmh.org/latest-news/special-initiatives/mental-health-first-aid/>

#### QUESTIONS on this course or content:

[training@nlcmh.org](mailto:training@nlcmh.org) or (231) 935-3173  
[cindy.petersen@nlcmh.org](mailto:cindy.petersen@nlcmh.org) or (231) 935-3099



**REGISTRATION:** Registrations are taken on a first-come, first-serve basis. To sign-up, please visit our website and complete the online registration process:

<https://www.northernlakescmh.org/latest-news/special-initiatives/mental-health-first-aid/>

**FEE:** \$50 per session which includes a training manual, participation guide, lunch, and snacks. Registration fee is non-refundable however we will accept substitutions.

**Cash or checks accepted.  
Make checks payable to:**

Northern Lakes CMHA  
ATTN: Bobbi Hudson  
105 Hall Street, Suite A  
Traverse City MI 49684

Please complete this form and enclose with payment.

**MAKE SURE TO SELECT THE DATE FOR WHICH YOU HAVE REGISTERED ONLINE.**

**ADULT MENTAL HEALTH FIRST AID**

**Tuesday, March 24, 2026:**  
Northern Lakes Community Mental Health  
105 Hall Street  
Traverse City, MI 49684

**Wednesday, May 20, 2026:**  
Northern Lakes Community Mental Health  
527 Cobb Street  
Cadillac, MI 49601

**Tuesday, August 25, 2026:**  
Northern Lakes Community Mental Health  
105 Hall Street  
Traverse City, MI 49684

**Tuesday, October 27, 2026:**  
Northern Lakes Community Mental Health  
105 Hall Street  
Traverse City, MI 49684

**YOUTH MENTAL HEALTH FIRST AID**

**Tuesday, April 21, 2026 :**  
Northern Lakes Community Mental Health  
105 Hall Street  
Traverse City, MI 49684

**Wednesday, June 17, 2026:**  
Northern Lakes Community Mental Health  
527 Cobb Street  
Cadillac, MI 49601

**Tuesday, September 22, 2026 :**  
Northern Lakes Community Mental Health  
105 Hall Street  
Traverse City, MI 49684

**If you are interested in receiving NASW-Michigan Social Work continuing education credits, please include your License Number below:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Company (if applicable):** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**License Number:** \_\_\_\_\_