

FREE

MENTAL HEALTH FIRST AID TRAININGS

ADULT AND YOUTH

LEARN HOW TO



ASSESS

Identify common signs and symptoms of mental health challenges



INTERACTION

How to interact with a person in crisis



SUBSTANCES

Common signs and symptoms of substance use challenges



RESOURCES

How to connect a person for help or support

2026

Friday
February 20
Adult

Friday
May 15
Youth

Friday
August 21
Adult

Friday
November 20
Youth

Open to the public, registration required.



To register for this in-person training, contact
Amanda.Evans@FLHealth.gov



8:30 a.m. to 4:30 p.m.
83 Pondella Rd.
North Fort Myers, Florida 33903

**Florida
HEALTH**

Florida Department of Health in Lee County