

Shining a Light on Mental Health

Increasing mental health literacy and decreasing associated stigmas



About 6% of adults (1 in 17) suffer from a serious mental illness, reporting an average of 88 days during the past year when they were too ill to carry out their normal daily activities.

Mental Health First Aid: The Action Plan

Learn how to:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Sign up on iLMS

Classes are limited to 20 participants



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Training Opportunities

Adult Mental Health First Aid is an 8-hour training. Please choose one of the following.

Training Dates:

- February 19 & 26: 12:00 PM - 4:00 PM, Birch Room
- March 9: 8:00 AM - 5:00 PM, Birch Room
- March 30: 1:00 PM - 5:00 PM & March 31: 8:00 AM - 12:00 PM, Pinon Rooms A & B
- April 27: 8:00 AM - 5:00 PM, Pinon Rooms A & B
- May 8 & 15: 8:30 AM - 12:30 PM, Pinon Rooms A & B
- July 15: 8:00 AM - 5:00 PM, Pinon Rooms A & B
- August 10: 8:00 AM - 5:00 PM, Pinon Rooms A & B

Health & Human Services, 2625 N King St, Flagstaff, AZ