OVER **6 MILLION** TRAINED WORLDWIDE

MENTAL HEALTH FIRST AID
UNITED ARAB EMIRATES®

Online Mental Health First Aid
INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING EVENTS IN 2025

ONLINE *ADULT-TO-ADULT* MHFA TRAINING:
(9.30am - 2.30pm)

A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.
*CME/CPD credits available from DHA.

• **January 15 & 16** *(Wed/Thur.)*   • **March 26 & 27** *(Wed./Thur.)*
***In-person training (January)**
• **February 27 & 28** *(Thur./Fri.)*

ONLINE *ADULT-TO-ADOLESCENT* MHFA TRAINING:
(9.30am - 2.30pm)

A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to teens who may be struggling with their mental health.
*CME/CPD credits available from DHA.

• **January 29 & 30** *(Wed./Thur.)*   • **April 24 & 25** *(Thur./Fri.)*
• **March 12 & 13** *(Wed./Thur.)*
***In-person training (March)**

ONLINE MHFA REFRESHER COURSE:
(9.30am - 1.30pm)

A 4-hour online course to re-certify as a MHFAider (accreditation extended for 3 more years). Update and refresh your knowledge, skills, and confidence. Work through complex, real-life Mental Health First Aid conversations, learn best practices to take care of your own mental health, and learn the latest in research.

• Fri. **January 31**   • Thurs. **March 20**

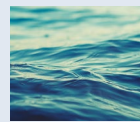### ONLINE *TEEN-TO-TEEN* MHFA TRAINING:
(11am - 3.30pm)

A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

• Sat. **February 23** *(13-15 yrs)*   • Sat. **March 16** *(16-18 yrs)*
***In-person training (February)**   ***In-person training (March)**

IDENTIFY. UNDERSTAND. RESPOND.

The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.

ONLINE MHFA INFORMATIONAL SESSIONS:
(5pm - 5.30pm)

Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

• Wed. **January 8**   • Wed. **March 12**
• Wed. **February 12**

ONLINE ADULT MHFA SUPPORT SESSIONS:
(6pm - 7pm)

A monthly support session for accredited Adult Mental Health First Aiders.

• Tues. **January 14**   • Wed. **March 12**
• Wed. **February 12**

Pre-Registration required:
www.lighthousearabia.com/events
*All events are delivered online using the Zoom platform.

THE LiGHTHOUSE®
CENTER FOR WELLBEING

lighthousearabia.com