



TRINITY VALLEY
COMMUNITY COLLEGE
ADULT & CONTINUING EDUCATION

SPRING 2025 Mental Health First Aid Classes

CHLT 2000 Adult Mental Health First Aid

This course teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. 8 Contact Hours (including 2 hours of required pre-work).

CHLT 2000 30N02	March 26th (Deadline to register: March 12th)	Online	8:30 am - 3:00 pm	\$0 Tuition
CHLT 2000 30N01	March 28th (Deadline to register: March 14th)	Online	8:30 am - 3:00 pm	\$0 Tuition

CHLT 2001 Youth Mental Health First Aid

This course teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth, the skills they need reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. appropriate care. 6 Contact Hours (including 2 hours of required pre-work)

CHLT 2001 30N01	March 11th (Deadline to register: February 25th)	Online	8:30 am - 1: 30 pm	\$0 Tuition
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For more information, contact TVCC Adult and Continuing Education at 903-675-6212 or email conted@tvcc.edu

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903-675-6212 conted@tvcc.edu www.tvcc.edu/continuing-education

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