



Mental Health First Aid

INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING EVENTS IN 2025/2026

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. ***8.5 CME/CPD credit points** from DHA.

- Nov. 26 & 27 (Wed./Thur.); In-Person
- Dec. 11 & 12 (Wed./Thur.); Online
- Jan. 14 & 15 (Wed./Thur.); Online
- Feb. 11 & 12 (Wed./Thur.); In-Person
- Mar. 26 & 27 (Thur./Fri.); Online
- April 8 & 9 (Wed./Thur.); Online
- May 21 & 22 (Thur./Fri.); In-Person
- Jun. 10 & 11 (Wed./Thur.); 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. ***8.5 CME/CPD credit points** from DHA.

- Nov. 19 & 20 (Wed./Thur.); Online
- Feb. 25 & 26 (Wed./Thur.); Online
- April 22 & 23 (Wed./Thur.); In-Person
- June 24 & 25 (Wed./Thur.); Online

MHFA REFRESHER COURSE:

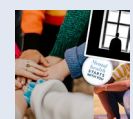
(9.30am - 1.30pm)



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.

- Mon. December 8; Online
- Fri. March 13; Online

TEEN-TO-TEEN MHFA TRAINING:



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.

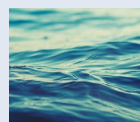
- Sun. November 16; (13 - 15 yrs) In-Person; *1pm - 5.30pm
- Sun. January 18; (16 - 18 yrs) Online; *11am - 3.30pm
- Sun. February 15; (13 - 15 yrs) In-Person; *1pm - 5.30pm
- Sun. April 19; (16 - 18 yrs) In-Person; *1pm - 5.30pm
- Sun. May 10; (13 - 15 yrs) Online; *11am - 3.30pm

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. November 12
- Wed. December 10
- Wed. January 21
- Wed. February 11
- Wed. March 18
- Wed. April 15
- Wed. May 13
- Wed. June 17

ONLINE ADULT MHFA SUPPORT SESSIONS:

(6pm - 7pm)



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

- Wed. November 12
- Wed. December 10
- Wed. January 21
- Wed. February 11
- Wed. March 18
- Wed. April 15
- Wed. May 13
- Wed. June 17

Pre-Registration required:

www.lighthousearabia.com/events

**All events are delivered online using the Zoom platform, unless specified as taking place in-person at The LightHouse Arabia (821 Al Wasl Rd, Al Safa 2, Dubai).*



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