



Provider Training Opportunity

Blue Cross® and Blue Shield® of North Carolina (Blue Cross NC) | Healthy Blue® Care Together | Medicaid

Adult Mental Health First Aid — Virtual

Proud partner and sponsor of Mental Health America of Central Carolinas

Adult Mental Health First Aid (MHFA) is a skills-based training course that teaches participants about mental health and substance abuse challenges. This course is delivered by certified Mental Health First Aid USA instructors on the MHA staff. To be registered for this training course, you must live or work in Mecklenburg or Cabarrus (North Carolina) counties, as this grant is funding those in these counties. You must also be at least 18 years of age.

Please note: Registration for this course will be closed on Monday, June 8 at 9 a.m. to allow time for completion of the self-guided portion of MHFA.

Date: Tuesday, June 23, 2026 Time: 9 a.m. to 3:30 p.m.

Location: Virtual (Zoom)

To register: [Mental Health First Aid](#)

<https://provider.healthybluenc.com>



**BlueCross BlueShield
of North Carolina**

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