



SCHEDULE MENTAL HEALTH FIRST AID TRAINING FOR YOUR CHURCH AND COMMUNITY

Since 2009 numerous churches throughout the Conference have hosted Mental Health First Aid classes. Participants:

- Learn mental health problems are medical conditions that need early medical treatment.
- Increase their knowledge of the signs, symptoms and risk factors related to mental illnesses and substance use disorders.
- Can identify multiple types of professional and self-help resources for individuals with a mental health or addiction problem;
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

This program is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP). There are many audience-specific Mental Health First Aid courses, such as Youth; Older Adults; Higher Education; Law Enforcement, Corrections, and Public Safety; and Military Members, Veterans, and Their Families.

As the hands and feet of Christ, we are to tend to the broken and seek out the lost the same way Jesus tended to our wounds and sought us out. To do this, we must be willing to meet our brothers and sisters where they are, and use Jesus' example of meeting the needs of our neighbors. We must remember effective churches don't simply meet the spiritual needs of their congregants, but also the psychological, social, and physical needs.

If you're interested in bringing this valuable training to your staff, volunteers, and community contact the Mental Wellness Awareness Association at their website, www.mentalwellnessawareness.org, via email at mwaa@mentalwellnessawareness.org or by phone at 717-957-3432 to schedule a training at your church.

The Mental Health Ministries' Mental Health First Aid program provides these trainings at no cost United Methodist Members through Sunday offerings received under Advance #4050. The public's cost is \$50. Mental Health First Aid USA values this training at \$170 per person.

Psalm 34:17-18 ESV When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.