



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID WINTER/SPRING SCHEDULE

Presented by the SE Regional Mental
Health Services Coordination Office



sponsored by:

Montgomery County
Department of
Health and Human Services



WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.
*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.
*Source: Centers for Disease
Control and Prevention*

Nearly
1 IN 5
in the U.S. lives
with a mental illness.
*Source: National Institute
of Mental Health*

REGISTER TODAY!

REGISTER: www.fivecountymh.org

ADULT _ BLENDED MHFA

3/30/25 Sunday

10:30-5:30

TIKVAH Montco

Mainline JFCS Brodsky Center

345 Montgomery Ave

Bala Cynwyd 19004

YOUTH - BLENDED MHFA

2/4/25 8:30-3:30

Jefferson Abington Hospital

1200 Old York Road,

Abington, PA 19001

Frobese Classrooms 1&2

(Course requires registration on the Connect Learning Management System and online pre-work to be completed prior to the course. It takes about 2 hours.)

Questions: contact regionalmentalhealthfirstaid@pmhcc.org