



Montgomery County Department of
Human Services and SE Regional Mental
Health Services Coordination Office
presents:



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

MENTAL HEALTH FIRST AID CLASSES SPRING 2024

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Individuals receive a 3 year certification upon completion of the coursework.

- **Blended ADULT MENTAL HEALTH FIRST AID (In Person course)**
Sunday, March 10, 2024 10:00 am to 4:30 pm
Beth David Reform Congregation, 1130 Vaughan Lane Gladwyne, PA 19035 The Atrium, 2nd fl
Please bring a bag lunch to the training as there are few local lunch venues. Also please help us respect the synagogue food requirements, and do not bring pork or shellfish into the building. Thanks!
- **Blended YOUTH MENTAL HEALTH FIRST AID (In Person course)** Attendance to both sessions are required for certification
Thursday April 11, 2024 6:00-9:00 PM AND Thursday April 18th, 2024 6:00-9:00 PM
Zion Mennonite Church, 149 Cherry Lane, Fellowship Hall, Souderton, PA 18964
- **Blended YOUTH MENTAL HEALTH FIRST AID (In Person course)**
Wednesday, May 29, 2024 8:30 AM—3:30 PM
Spring Valley YMCA 19 W Linfield Trappe Road, Limerick, PA 19468
- **Blended ADULT MENTAL HEALTH FIRST AID (In Person course)**
Tuesday, June 18, 2024 8:30-AM to 3:30 PM
Abington-Jefferson Conf Center 1&2 1200 Old York Road Abington, PA 19001
- **Blended ADULT MENTAL HEALTH FIRST AID / Older Adult Focused,**
Saturday, June 22, 2024 9:00 AM-4:00 PM
North Penn Commons, 600 E. Main Street, Lansdale, PA 19446

Sign up on our website www.fivecountymh.org to get started. Once you are signed up, you will receive an email confirmation and instructions to register on the Connect Learning site. You will need to complete online pre-work (2 hours) prior to the class. Class size is up to 30 participants with two nationally certified instructors!

Register at www.fivecountymh.org

For questions contact....regionalmentalhealthfirstaid@pmhcc.org