



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

**ADULT MENTAL HEALTH FIRST AID  
TIKVAH MAINLINE**

**Sunday 03/30/25 9:30AM-4:00PM**

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](http://www.fivecountymh.org)**

ADULT - BLENDED MHFA  
3/30/25 Sunday  
9:30am - 4:00pm  
TIKVAH Montco Mainline JFCS  
Brodsky Center  
345 Montgomery Ave  
Bala Cynwyd 19004



**SCAN ME**

[Register Here](#)

*(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](mailto:regionalmentalhealthfirstaid@pmhcc.org)