



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MCCC Pottstown Wellness Center presents  
**Adult Mental Health First Aid**  
October 12, 2023

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

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

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

**2.6 MILLION**

*First Aiders who have chosen to be the difference in their community.*

## REGISTER TODAY!

### Adult Mental Health First Aid Class

October 12, 2023, 8:30 to 3:30

In-Person at:



**MONTGOMERY**  
COUNTY COMMUNITY COLLEGE

101 College Drive

North Hall 114

Pottstown, PA 19464

(The course includes 2 hours of online pre-work prior to the instructor-led class for certification)

**For more information and to register:**

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

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies

