



Montgomery County Department of Behavioral Health and the SE Regional Mental Health Services Coordination Office are offering this **FREE TRAINING:**



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## YOUTH MENTAL HEALTH FIRST AID

at Zion Mennonite Church  
Souderton, PA

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. This class is especially targeted for those who work with adolescents, youth workers, teachers, youth pastors and family members. The training gives you the skills you need to reach out and provide initial help and support to a young person 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 YOUTH MENTAL HEALTH FIRST AID (In Person course)**

**Attendance at both sessions is required for certification**

**Thursday April 11, 2024 6:00-9:00 PM**

**and Thursday April 18th, 2024 6:00-9:00 PM**

Course location:

Zion Mennonite Church 149 Cherry Lane, Fellowship Hall, Souderton, PA 18964

Register on our website [www.fivecountymh.org](http://www.fivecountymh.org). You will receive an email confirmation and instructions to log onto the Connect Learning site where you will be required to complete online pre-work modules. The pre-work is self-paced and takes about two hours. Class size is up to 30 participants with two nationally certified instructors!

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

**For questions contact....**

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

