



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## MENTAL HEALTH FIRST AID

Presented by the SE Regional Mental Health Services Coordination Office

### 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.



sponsored by:

Montgomery County  
Department of  
Health and Human Services



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

### REGISTER TODAY!

#### ADULT Blended in Person

Abington-Jefferson Hospital  
Monday 9/30/2024, 8:30 - 3:30  
1200 Old York Road, Abington, PA 19001  
Frobese Conference Center 1&2

Norristown Community  
Thursday 10/10/2024 8:30 - 3:30  
PMHCC SE Regional Mental Health  
Services Coordination Office  
2550 Eisenhower Suite B205 PMHCC  
Trooper, PA 19403

TCN – TriCounty Community Network  
Monday 10/28/2024 8:30-3:30  
13 Armand Hammer Blvd. Suite 102  
Pottstown PA 19464

#### YOUTH Blended in Person

Norristown Community  
Friday 09/27/2024, 8:30 - 3:30  
PMHCC SE Regional Mental Health  
Services Coordination Office  
2550 Eisenhower Suite B205 PMHCC  
Trooper, PA 19403

Ambler YMCA  
Thursday 10/24/2024 8:30 - 3:30  
1325 McKean Road  
Ambler, PA 19002

Norristown Community  
Friday 11/22/2024 8:30 - 3:30  
PMHCC SE Regional Mental Health  
Services Coordination Office  
2550 Eisenhower Suite B205 PMHCC  
Trooper, PA 19403

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