



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



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## SPRING 2024 MENTAL HEALTH FIRST AID CLASSES

**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)  
February 2nd, 2024 - 8:30-3:30pm
- Blended YOUTH MENTAL HEALTH FIRST AID (In Person course)  
Friday, February 23, 2024 - 8:30—3:30pm  
SE Regional MH Services Office,  
2550 Eisenhower Avenue Suite B205 Trooper , PA
- 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, on the 2nd floor *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



**Sign up on our website [www.fivecountymh.org](http://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!