



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



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## **NEW FALL CLASSES for 2023!!!** **MENTAL HEALTH FIRST AID TRAINING**

*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.*

***Be prepared, when a mental health crisis happens, know what to do!***

### Adult Blended in Person

*10/12/2023, 8:30am - 3:30pm, at the Pottstown Wellness Center at Montgomery County Community College, 101 College Drive North Hall 114, Pottstown PA 19464*

### Adult Blended In Person

*11/04/2023, 10am - 5pm, at Elder Net of Lower Merion, 9 S. Bryn Mawr Ave, Bryn Mawr, PA 19010*

### Youth In-Person

*11/09/2023, 8:30am - 3:30pm, at the Ambler YMCA 1325 McKean Road, Ambler, PA 19002*

### Adult Blended In Person

*11/14/2023, 8:30am - 3:30pm, at the Spring Valley YMCA, 19 W Linfield Trappe Road, Limerick, PA 19468*



**REGISTER AT:**

[HTTPS://WWW.FIVECOUNTYMH.ORG](https://www.fivecountymh.org)

***Sign up on our website to get started. Once you are signed up, you will receive an email confirmation and instructions to register on the MHFA Connect Learning site. You will be required to do 2 hours of online pre-work prior to the class.***

***Class size is up to 30 participants with two nationally certified instructors!***

***Have Questions?? Go to [www.fivecountymh.org](http://www.fivecountymh.org) or by email @ [regionalmentalhealthfirstaid@pmhcc.org](mailto:regionalmentalhealthfirstaid@pmhcc.org)***