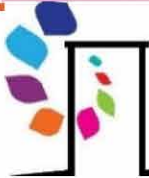




ADULT MENTAL HEALTH FIRST AID
at TriCounty Community Network
Pottstown
Monday, October 28, 2024
8:30 AM – 3:30 PM



Montgomery County
Department of
Health and Human Services

*Sponsored by The Montgomery County
Department of Health and Human Services*

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.

REGISTER TODAY!

Adult Blended Mental Health First Aid
October 28, 2024 8:30-3:30 PM
TCN TriCounty Community Network
13 Armand Hammer Blvd. Suite 102
Pottstown PA 19464

(As part of the certification process, you will need to complete online pre-work modules prior to the instructor led session. The modules take about 2 hours to complete.)

REGISTER:
WWW.FIVECOUNTYMH.ORG



Join the more than
3 MILLION
*First Aiders who
have chosen to be
the difference in
their community.*

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

- ➦ Assess for risk of suicide or harm.
- ➦ Listen nonjudgmentally.
- ➦ Give reassurance and information.
- ➦ Encourage appropriate professional help.
- ➦ Encourage self-help and other support strategy

Questions? Contact:
regionalmentalhealthfirstaid@pmhcc.org

Upon initial registration – participants will receive instructions to enroll into MENTAL HEALTH FIRST AID CONNECT LMS system.