



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

WINTER / SPRING 2023 MENTAL HEALTH FIRST AID

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.

ADULT MENTAL HEALTH FIRST AID (In person course)

Saturday, January 21, 2023 9:00—5:00pm

Course Location: Trinity Lutheran Church, Lansdale, PA

YOUTH MENTAL HEALTH FIRST AID (Virtual online)

Friday, February 3, 2023—8:30—3:30pm

ADULT MENTAL HEALTH FIRST AID (Virtual Online)

Friday, March 24, 2023 - 8:30-3:30pm

YOUTH MENTAL HEALTH FIRST AID (In Person course)

Thursday, April 13, 2023 - 9:00—3:30pm

Course Location: Ambler YMCA, Ambler, PA



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.

REGISTER AT:

[HTTPS://PMHCC.FORMSTACK.COM/FORMS/](https://pmhcc.formstack.com/forms/)

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

Questions??

www.fivecountymh.org

Or by email: regionalmentalhealthfirstaid@pmhcc.org