



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 2024 CLASSES 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)

February 2nd, 2024 - 8:30-3:30pm

YOUTH MENTAL HEALTH FIRST AID (In Person course)

Thursday, February 23, 2024 - 8:30—3:30pm

Course location:

SE Regional MH Services Office 2550 Eisenhower Avenue Suite B205 Trooper , 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. You will need to complete online pre-work prior to the class. Class size is up to 30 participants with two nationally certified instructors!

**Register at [www.fivecountymh.org](http://www.fivecountymh.org)**

**For questions contact....**

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

