



# Adult Mental Health First Aid

## In Chester County

**Mental Health concerns are common and on the rise.**

Be part part of the response! Become a certified Mental Health First Aider!

This free public education program teaches everyday citizens to

- **Recognize emotional distress**
- **Offer support and comfort**
- **Take constructive action**

**Date:** Saturday, November 9, 2019

**Time:** 8:00 AM (sign-in begins at 7:45) until 5:00 PM

**Location:** The Government Services Center, room 175  
601 Westtown Road, West Chester, PA 19380

**Registration is required.**

Please register by November 6 with this link.

<http://scheduleme.link/1551/>

**Please note!** Participants must attend the full class to receive the certification.

Lunch is not served.



Presented by the National Council for Behavioral Health & Chester County MHIDD

