

Course Announcement



Mental Health First Aid is a course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand & respond to signs of addictions and mental illnesses.

Get trained in Mental Health First

Adult Mental Health First Aid Course

for Laity (non-clergy) only

Date: Saturday October 9, 2021

9:00 AM - 4:00 PM

Location: Hope UCC, 701 Cherry Street, Wind Gap, PA (*pending current Covid Style: Otherwise it will be online via Zoom*)

4 Reasons to Become a Mental Health First Aider

- ♦ **Be prepared**—when a mental health crisis happens, know what to do
- ♦ **You Can Help**—people with mental illnesses often suffer alone
- ♦ **Mental illnesses are common**—1 in 5 adults in any given year
- ♦ **You Care**—be there for a friend, family member, or colleague

Cost: \$50.00

Registration Required:

Through Tithe.ly at <https://tithe.ly/event-registration/#/3589098>

Led by: Rev. Dr. Emily B. Hall D.Min, BCCi—questions, hopeuccpastor@rcn.com

For More Information, visit

www.mentalhealthfirstaid.org