

*Mental Health is a fundamental part of our overall health and wellbeing,
and mental health concerns affect virtually every family in America.*



Do you know how to help?

Become a Certified Mental Health First Aider

Mental Health First Aid is a new public education program designed to teach everyday citizens the skills to help another person who is struggling with a mental health concern or crisis. Participants will:

- *Learn risk factors, warning signs and the impact of mental health concerns*
- *Practice the Mental Health First Aid action plan especially for the adult population*
- *Learn local resources for mental health and substance abuse treatment*
- *Receive a comprehensive, user-friendly 138-page manual & certification*

Register for this FREE training, being held at

Honey Brook Township Building
500 Suplee Road, Honey Brook, PA 19344

Hosted by Honey Brook Parks and Recreation

Date: Saturdays March 4th and March 11th, 2017

Time: 8:00 am-12:30 pm (sign in begins at 7:45 am)

Please note: Participants are required to attend the full training to receive certification.

To Register, e-mail ChescoMHFATrainings@gmail.com by February 25th

Breakfast or lunch will not be provided. Participants are encouraged to bring a beverage and snack.

Presented by The COAD Group and Chester County MHIDD, DHS