

Mental health is a fundamental part of our overall health and well-being,
and mental health concerns affect virtually every family in America.



Do you know how to help?

Become a Certified ADULT
Mental Health First Aider



Adult 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 experiencing a mental health crisis. Program participants will:

- *Learn risk factors, warning signs and the impact of mental health concerns*
- *Practice the Mental Health First Aid action plan*
- *Learn local resources for mental health and substance use treatment*
- *Receive a comprehensive, user-friendly 138-page manual & 3-year certification*

Date: Thursday, March 28 AND
Friday, March 29, 2019

Time: 8:00 am to 12:30 pm
(Sign-in will commence at 7:45 am)

Location: The COAD Group
467 Creamery Way
Exton, PA 19341

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

**Register for this FREE
community training by sending
your name, cell phone number, and
session date to**

ChescoMHFATrainings@gmail.com

by March 25, 2019

An important note, neither breakfast nor lunch will be provided.
Participants are encouraged to bring a snack and beverage.