

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: Saturday, June 1st AND

Saturday, June 8th, 2019

Time: 8:00 am to 12:30 pm

(Sign-in will commence at 7:45 am)

Location: West Chester Borough Hall

401 East Gay Street

West Chester, PA 19380

Hosted by the Office of Mayor Herrin

Register for this FREE

**training by sending your name, cell
phone number, and session date to**

ChescoMHFATrainings@gmail.com

by May 29, 2019

**Please note: Participants are required to attend the
full training, on both days, to receive MHFA
certification.**

Neither lunch nor breakfast will be provided for this training.
Participants are encouraged to bring a snack and beverage.

Presented by The COAD Group & Chester County MH/IDD