

*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

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 crisis. 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 & certification*

Phoenixville Hospital—Conference Room

826 Main Street, Medical Office Building II, Phoenixville, PA, 19460

Dates: Tuesdays, September 26th, October 3rd **AND** October 10th, 2017

Time: 6:00 PM — 9:00 PM (sign-in will begin at 5:45 PM)

Please note: *Participants are required to attend the full training, which includes all three evenings, to receive certification.*

To Register for this **FREE** training, e-mail by sending your name, cell phone number, and session date to [**ChescoMHFATrainings@gmail.com**](mailto:ChescoMHFATrainings@gmail.com)

by September 21st

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COMMUNITY HEALTH FOUNDATION

Snacks and beverages are provided.