



*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*

**Classes below are offered at no cost and are delivered in
1 full day or 2-half-day sessions.**

Participants must attend all 8 hours to receive certification.

Dates for this 2-day course:

Wednesday, November 1st &
Thursday, November 2nd, 2017

Time: 8:00 a.m. until 12:30 p.m.

Sign-in: 7:45 a.m.

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

Registration Deadline: October 27th

Breakfast and lunch are NOT included

Date for this 1-day course:

Saturday, November 4th, 2017

Time: 8:00 a.m. until 5:00 p.m.

Sign-in: 7:45 a.m.

Location: West Chester Borough Building

401 East Gay Street, West Chester, PA

Registration Deadline: October 31st

Breakfast is NOT included

Lunch IS provided

Register for all classes by sending your name, cell phone number,
and session choice to: ChescoMHFATrainings@gmail.com

*Participants are encouraged to bring a beverage and snack.
Presented by The COAD Group & Chester County MHIDD, DHS*