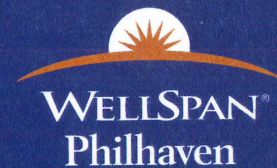


Mental Health First Aid

Adult Module



Preparing you to help others experiencing mental distress

In the same way that CPR helps you assist an individual having a medical emergency, Mental Health First Aid helps you assist someone experiencing a mental health related problem or crisis – even if you have no clinical training. In this 8-hour course, you will learn to identify, understand and respond to signs of mental illness and substance use disorders.

The **Adult Course** is appropriate for anyone age 16 and older who wants to learn how to help a person who may be experiencing a mental health related crisis. Topics include anxiety, depression, psychosis, suicide and substance use disorders. Participants who successfully complete the course will receive a nationally recognized certification.

Register

www.WellSpanPhilhaven.org/MHFA
There is no cost for this training.

Contact

Jayne L. Miller
Mental Health Care Educator
jmiller80@wellspan.org
(717) 273-8871 ext. 2248

Call today to book a private training for your organization, at your location or ours. Minimum class size is 15; maximum is 30.



Adult Module 2018

February 22	July 17
March 8	August 14
April 26	September 20
May 17	October 18
June 13	November 15

Trainings are held 8:00am–5:00pm.

WellSpan Philhaven
Grace M. Pollock Training &
Community Center
283 S. Butler Road
Mt. Gretna, PA 17064

Other Courses Available
Youth | Public Safety
Higher Education | Older Adults
Veterans and Military

WELLSPAN PHILHAVEN
283 S. Butler Road
P.O. Box 550
Mt. Gretna, PA 17064
(800) 932-0359
www.WellSpanPhilhaven.org

