



JOIN MENTAL HEALTH FIRST AID AT JEFFERSON ABINGTON HOSPITAL

*Sponsored by The Montgomery County Department
of Health and Human Services*

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Individuals receive a 3 year certification upon completion of the coursework.

The trainings are FREE!!! Sign up on our website to get started. Once you are signed up, you will receive an email confirmation and instructions to register on the MHFA Connect Learning site. Class size is up to 30 participants with two nationally certified instructors!

CLASS: ADULT MENTAL HEALTH FIRST AID

DATE: December 05, 2025

TIME: 8:30 am—3:30 pm

**LOCATION: Jefferson Abington Hospital
Frobese Conference Center Classroom 1 & 2
1200 Old York Road, Abington, PA 19001**

**Learn how to respond with the Mental Health
First Aid Action Plan (ALGEE):**

- ⇒ Assess for risk of suicide or harm.
- ⇒ Listen nonjudgmentally.
- ⇒ Give reassurance and information.
- ⇒ Encourage appropriate professional help.
- ⇒ Encourage self-help and other support strategy



Register at:

[https://pmhcc.formstack.com/forms/
mhfa_virtual_registration](https://pmhcc.formstack.com/forms/mhfa_virtual_registration)

www.fivecountymh.org

Questions?? Contact: regionalmentalhealthfirstaid@pmhcc.org