



ADULT MENTAL HEALTH FIRST AID

Friday, May 15, 2026 at



Sponsored by The Montgomery County Department of Health and Human Services

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. In this course, participants learn the unique risk factors and warning signs of mental health problems, the importance of early intervention and, most importantly, how to help someone experiencing a mental health or substance use emergency.

- For all MHFA classes you will complete a 2-hour, self-paced online class, followed by a 6.5 hour (including lunch and breaks) Instructor-led training. Certification is for 3 years.

ADULT MENTAL HEALTH FIRST AID

DATE: Friday, May 15, 2026

TIME: 8:30 am—3:30 pm

St Luke's Penn Foundation

807 Lawn Avenue Sellersville, PA 18960

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 www.fivecountymh.org

Questions?? Contact:
regionalmentalhealthfirstaid@pmhcc.org