



Mental Health First Aid

Date: April 6, 2018
8:30 a.m.- 5:30 p.m.

Cost: Free

Location:
Union/Snyder Agency on Aging
116 N 2nd St
Lewisburg, PA 17837

Course Description- Mental Health First Aid (MHFA) is an 8-hour training course designed to give members of the public skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

Learning Objectives- Upon completing MHFA, participants will be able to:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery

Target Audience (*must live or work in PA*):

- Individuals providing supports and services to individuals with mental health disorders/intellectual disabilities
- Family members of individuals receiving support services
- Other community members

Other Course Details:

- Participants will receive a comprehensive course manual and a 3-year certification.
- You must attend the entire course to receive the certification.
- This course is valued at \$170/person. However, thanks to funding provided by the Pennsylvania Department of Human Services- Office of Development Programs, participants may attend at no charge.

Registration Information:

- To register, click [here](#). You will be asked to create a MyODP account if you do not already have one. You will receive an email confirmation once your registration is complete. Online registration issues should be directed to the MyODP Help Desk at 844-332-2121.
- Registrations must be received by 3/30/18.

Course Questions???

Contact Jen Bankard (jbankard812@gmail.com)