



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Adult Mental Health First Aid Free Training!

Friday, September 15, 8:30 AM – 4:30 PM

111 S Broad St, Lancaster

Register Now as space is limited:

www.fairfieldadamh.org or use this link: [Mental Health First Aid September Registration Flyer](#)

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

What the training covers:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Additional content on trauma, addiction, and self-care

Who Should Take Advantage of this Free Training?

Employers Community Members Police Officers Hospital Staff
First Responders Caring Individuals Faith Leaders

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