

# Mental Health First Aid

## All-Day Training

Provided by TrueNorth Wellness

Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, early intervention, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Adult (Check one box only)

The Adult training is FREE

Youth - for individuals that work with youth and high school age youth

The Youth training is FREE

Register early! - Limit 25 people per group.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Agency or Individual \_\_\_\_\_  
\_\_\_\_\_

How did you hear about this training?

\_\_\_\_\_  
\_\_\_\_\_

Special accommodations?  
(Food, adaptive equipment)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Return this form by April 20, 2016 to MHA**

# Wellness Conference

## May 6, 2016

8:30am to 2pm  
Lunch Provided



Mental Health Association of Franklin and Fulton Counties  
478 Grant Street - Chambersburg, PA 17201 - 717-264-4301  
Email: [mdnolder@mhaff.org](mailto:mdnolder@mhaff.org) or [bmunch@mhaff.org](mailto:bmunch@mhaff.org)